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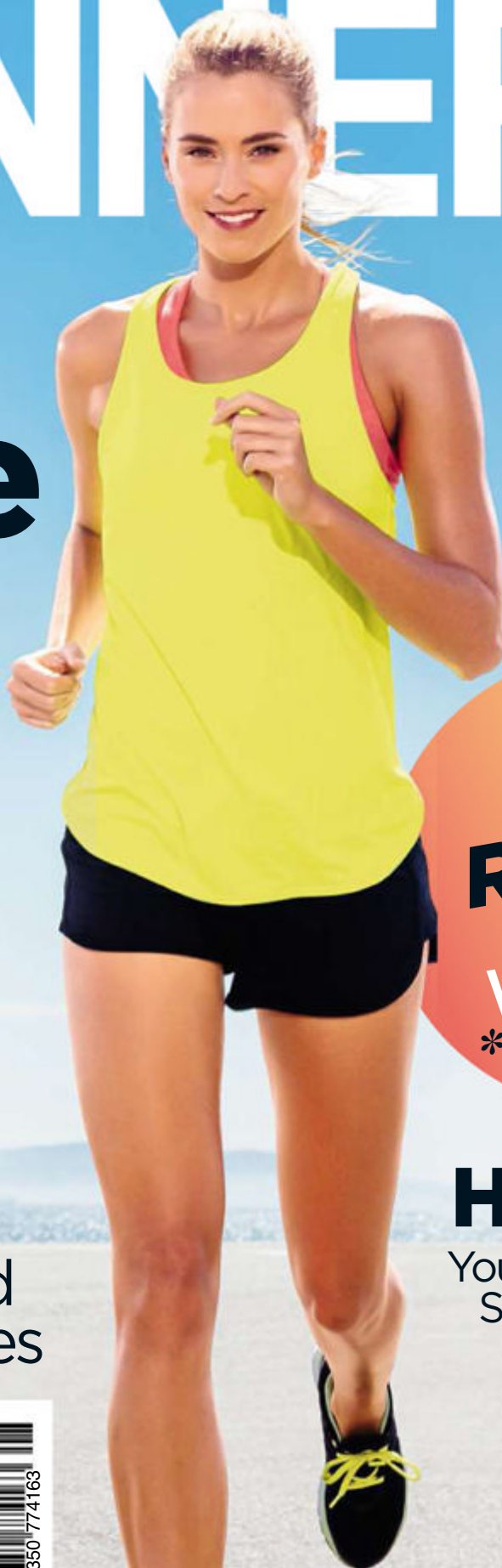
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Hot Tips!

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Glen Montgomery



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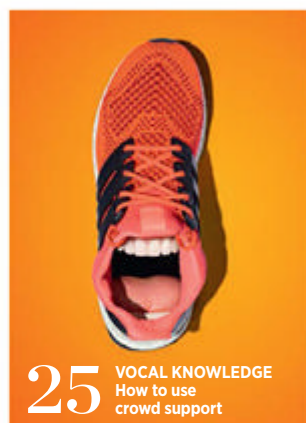
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After joining RW last month, I've finished my first race since injury forced me out of this year's London Marathon. With a new 5K PB and two more races in the diary, it's been straight into the fast lane!



I've run over 300 races for RW, but still love finding a real beauty – be it one of our *50 Best Races In The World*, on page 40, or the not-quite-as-exotic Isle of Man Half, which I rather fall in love with. **p97**

CONTRIBUTORS



John Hanc

The writer, runner and history buff dusted off a forgotten treasure chest of enduring running wisdom for us this month. Find out *Why Everything You Need to Know about Running Was Discovered Back in 1937* on **p50**



Richard Lovett

The running coach and award-winning writer for the likes of *New Scientist* and *The Economist* delved deep into our physiology to uncover how we runners can survive and thrive when the mercury rises in summer. **p64**

Contributing Editor

Jo Pavey

Contributors

Rhalou Allerhand, Johnny Dee, John Hanc, Paul Hobrough, Richard Lovett, Jessica Migala, Adrian Monti, Sage Rountree, Paul Tonkinson, Debra Witt

Group Publishing Director

Alun Williams

Sales Director, Hearst Rodale

Luke Robins

Print and Digital

Advertising Director

Andrea Sullivan

Display Sales Executives

Zoe Holland, Salper Partalci

Production Manager

Roger Bilsland

Marketing Director

Claire Matthews

Group Creative Solutions

Director Gemma Frostick

Group Creative Solutions

Acting Project Manager

Kathryn Tait

Group Creative Solutions

Manager Sammi Vaughn

Marketing and

Events Executive

Jess Howley

HEARST MAGAZINES UK

Chief Executive Officer

Anna Jones

Managing Director, Brands

Michael Rowley

Director of Consumer Sales &

Marketing Sharon Douglas

HR Director Surinder Simmons

Head of Newstrade Marketing

Jennifer Smith

Circulation Manager

Bianca Lloyd-Smith

Strategy and Product Director

Lee Wilkinson

Chief Technical Officer

Darren Goldsby

Director of Communications

Lisa Quinn

PR Manager Ben Bolton

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Rodale Inc, 33 East Minor Street, Emmaus, Pennsylvania 18098, USA

EDITORIAL

Editorial Director John Ville

Deputy Editorial Director

Veronika Ruff Taylor

Senior Content Manager

Karl Rozemeyer

Production Assistant

Denise Weaver

Editorial Assistant

Natanya Spies

Administrative Assistant

Shoi Greaves

BUSINESS

Executive Director, Business

Development and Global

Licensing Kevin LaBonge

Director, Global Marketing

Tara Swansen

Director, Business Development

and Global Licensing

Angela Kim

International Finance Manager

Michele Mausser

FROM THE EDITOR



It took me nearly six and a half hours to finish one marathon, but it remains my favourite race memory. In fact, every time I need cheering up I look at the finishing-straight

picture of me hand in hand with my wife, both of us laughing and, possibly, a little drunk. I'm dressed as a cymbal monkey, wearing an irritatingly hot furry top and a fez with big ears. (I had ditched the stripey trousers at mile eight.) My wife is dressed as a cat.

We were finishing the Marathon du Medoc, a 'race' around the vineyards of Bordeaux where they serve wine at the aid stations and you are encouraged to do the race in themed fancy dress (that year, the theme was animals).

During the preceding 26.2 miles we had drunk Chateau Lafite, eaten gourmet steak, ham and cheese, and even stopped in a kind of nightclub tent (complete with smoke machines) that enveloped the route around mile 21, and danced stiffly to happy house music for a while. It was the perfect tonic at a time when my running was getting a bit stale.

If your own running diary is need of a dash of something similarly memorable, may I present the *50 Best Races in the World* feature on page 40, our annual line-up of must-do events outside the UK. Whether you want to run up mountains, across deserts, through cities or drink wine while in fancy dress, there's a race in there that's right up your street.

Andy Dixon, Editor, @RW_ed_Andy

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④

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NEWS YOU NEED
TO GET UP TO SPEED

Warm-ups



FAST FORWARD

You may think fast food is not a wise choice for a recovery meal, but science says otherwise. Research from the University of Montana, US, suggests there's no difference in the rate of glycogen resynthesis after 90 mins of exercise whether you consume burgers and fries or sports-recovery products. In the study, subjects also performed equally well in a 20km time trial on both types of nutrition. 'Fast-food sources can provide for basic recovery needs of the muscles,' say the researchers.

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WATER FEATURES

We tend to hit the water in summer, which is good news for running fitness

Two-way tip Boost pain tolerance

1

Rename pain

'Get it into your head that what you experience when you run at high intensity in training and races is discomfort, not pain,' says sports psychologist Dr Victor Thompson. 'See it as an indicator that you're working at the right level – accept it, own it, even seek it.'

2

Tighten the screw

'Progression workouts build discomfort; by the end you endure pain that would have seemed intolerable at the start,' says exercise physiologist Alex Hutchinson. For a 5-mile run: start 15 secs slower than 10K pace; speed up by 5 secs per mile; do the last mile faster than race pace.

17

PERCENTAGE BY WHICH EXERCISE INTENSITY DROPPED WHEN TREADMILL USERS USED PHONES TO TALK OR TEXT RATHER THAN LISTEN TO MUSIC'



PADDLE-BOARDING

The core muscles – vital in running for maintaining a stable pelvis and transferring power to the legs – fire constantly in paddleboarding to keep you upright. Being barefoot on the unstable surface works the lower legs.



SWIMMING

Swimming serves as excellent active recovery for runners: it's non-impact, involves a host of muscle groups that aren't used in running and provides an aerobic workout to build endurance. All in all, it's as good as cross-training gets.



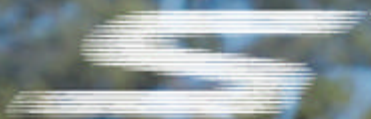
KAYAKING

Kayaking does more than test your arms; it's also a good core workout and improves lower back mobility and strength. You don't move your legs, but you press your feet against the 'footpegs' to provide stability, engaging the muscles of the lower body.



SURFING

It's not all about riding the wave. Paddling out to reach the break builds stamina and upper body strength. The 'pop-up', where you jump to your feet, requires explosive power, which will stand you in good stead for hills – and staying up tests your balance.



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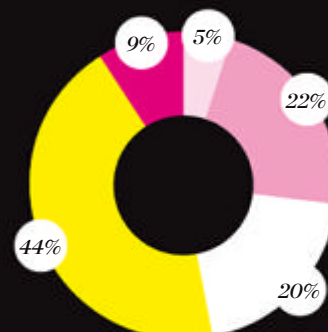
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● I've ditched carbs; I'm training my body to burn more fat ● I've dropped my carb intake ● Low/no carbs doesn't work for runners ● I'm not giving up carbs! ● Tried giving them up; it didn't work

GUT FEELING

Probiotics could be your belly's new best friend. *The Australian Institute of Sport* has found friendly bacteria (found in food such as yoghurt and sauerkraut) can reduce the severity, frequency and duration of running-induced gastrointestinal issues such as nausea, bloating and diarrhoea. They're especially valuable during hard training: one study found marathon runners had fewer sick days when they took probiotics.



Let's go menthol

Minty water perks you up

Downing a cold drink helps you keep your cool during summer runs, and new research suggests menthol enhances the effect. The Japanese-French study compared the effects on cyclists' performance in a 20km time trial, in hot conditions, of water at room temperature, chilled water and a crushed-ice drink. In half the trials, the water was consumed plain – in the other half, it contained a 0.25 per cent menthol extract. The crushed-ice drink produced better performance than cold water alone, but the minty drinks were the coolest customers: when compared with the neutral fluid, crushed-ice/menthol and cold water/menthol improved performance in the time trial by 10.2 per cent and 7.1 per cent, respectively. Cool!

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RAISING THE BAR



Chia seeds? Tick. Quinoa? Tick. Coconut oil? Tick. Spirulina? Tick. This colourful and delicious breakfast bar contains some of the world's most highly rated health foods. 'It covers all the bases nutritionally,' says its creator, Christian Coates, author of *Fitness Gourmet* (£25, Jacqui Small). 'It contains low-GI carbs, healthy fats and protein.' The bars also work perfectly as an on-the-go energy snack – simply chop into 24 bite-size chunks.

Makes 6 bars Prep time 15 mins
(plus 1hr soaking for chia seeds)
Cooking time 25 mins

KCALS
400*

CARBS
32g

FIBRE
5g

PROTEIN
12g

FAT
25g

*All nutritional data is per serving

INGREDIENTS

- 25g chia seeds
- 45ml apple juice
- 100g coconut oil (1)
- 100ml agave syrup (Biona Organic Agave Syrup, £2.85 for 250ml, planetorganic.com)
- 30g porridge oats
- 90g quinoa flakes (goodnessdirect.co.uk, £6.89 for 500g) (2)
- 35g hazelnuts, chopped
- 25g goji berries
- 25g sunflower seeds (3)
- 35g whey protein powder
- 3 tsp spirulina
- 1 tsp chopped root ginger
- 2 tsp cacao powder
- 1 tsp ground cinnamon

METHOD

1/ Soak the chia seeds in the apple juice in a bowl for an hour. Heat the oven to 170C and line a 1lb loaf tin with baking paper. Melt the coconut oil and agave syrup in a pan.

2/ Using a food mixer, or in a bowl, mix the oats, quinoa, hazelnuts, goji berries, sunflower seeds and protein. Pour in the coconut-agave mixture, the soaked chia and remaining juice. Blend well.

3/ Divide the mixture into thirds. Mix the cocoa and cinnamon with one third and place it in the loaf tin; press down firmly. On a chopping board, press the next third into the shape of the bottom of the loaf tin. Transfer to the tin and sit it on top of the first layer, pressing down with a spatula. Mix the spirulina and ginger into the last third and repeat as before to form the top layer.

4/ Cover with foil and bake for 25 mins. Allow it to cool before slicing. The bars will last for five days in an airtight container.

BENEFITS

1

Coconut oil

It's high in 'medium chain triglycerides' (MCTs), which provide an easily accessible source of energy. They can also reduce hunger.

2

Quinoa

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3

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How I ran it off 'I'VE TURNED MY WHOLE LIFE AROUND'

My old life

I was thin when I was at school.

The weight piled on afterwards, when I gave up doing sport, became much less active and ate too much fatty food.

I would always eat to excess.

I adored savoury snacks, so I'd have a couple of large sausage rolls for lunch or a bacon baguette smothered in mayonnaise. I also drank lots of sugary, fizzy drinks.

I work in a stockroom, so my only exercise was lifting boxes.

Even that was a struggle because I'd become so big.

I was always saying I would start getting fit tomorrow or begin a diet next week. But I rarely did.

Or if I tried, I'd lose enthusiasm and give up after a fortnight.

My weight was taking a toll on my health. My joints ached, my feet would swell, I was always tired and I got heartburn when I lay down. I had a 44in waist – I had to buy XL clothes.

The turnaround

In January 2014 I split up from my fiancée after three years together.

I was at a very low point. I took a long look at myself and decided I couldn't keep being this fat bloke who didn't look after himself. I needed to change.

I started going to the gym.

I went every day and used the elliptical machine. After a couple of months, I moved on to the treadmill. I was losing over a stone a month.

I stuck to a strict limit of 3,000 calories per day.

I used an app to guide me on what foods I could eat and to log my activity. It was simple and I always knew if I was sticking to my plan. I progressed to running outside. I ran most days, for 30 minutes each time.

Last October I did my first ever race – the Great Birmingham Run.

I couldn't believe I was running in races less than a year after getting out of puff when I walked to the end of my road.

Name Ben Harborne

Age 25

Hometown Birmingham

Weight before 21st 11lb

Weight now 12st 7lb

Weight lost 9st 4lb

The future

People are amazed how different I look.

As the weight fell off, my trousers hung off me, even with my belt notched as tight as it would go. It was a great feeling ordering new uniforms for work in smaller sizes. Being confident about how I look has made me less shy and more outgoing.

I've got more races coming up.

I've entered the Great South Run and want to better my time at the Great Birmingham Run, too. I'm now lifting weights, which helps my running, as I feel stronger.

People now ask me for advice on how to lose weight and get fitter.

No one would have done that at the start of 2014.

My personal heartbreak has actually transformed my life. I've turned my whole life around. I eat better and, thanks to running, I live a much healthier life, too.



BEN'S TOP TIPS

How he got fit and what he does to stay that way



Find new ways to be more active. I ditched the bus to work; I now walk the four miles there.



Break bad eating habits. Don't snack for the sake of it, but only when you're hungry.



Look at photos of yourself when you were bigger. It will help you stick to your new regime.



Book in some races or running goals, however modest, to keep you focused.

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Richard Chessor
Performance Nutritionist

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WIN WITH A SHOUT

Here's some cheery news – verbal support brings out the best in you. A review in *Sports Medicine* has found endurance performance is strongly affected by verbal encouragement.

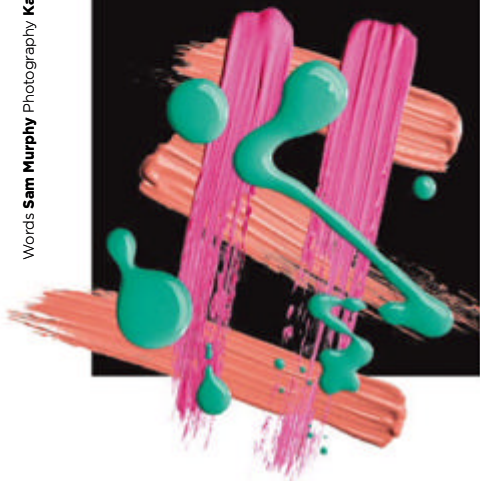
And a recent Australian Institute of Sport report concluded that vocal support could have such an impact on performance in exercise studies that it may distort the findings. For example, if one subject is given words of encouragement during a physically demanding task but another isn't, it can skew the results. So next time you've got a major race coming up make sure you get support from your loudest friends. (Or at least get your name printed on your top, so anyone can cheer you on.)

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Instant wisdom

'Winning doesn't always mean getting first place; it means getting the best out of yourself'

Meb Keflezighi, 2014
Boston Marathon winner



FOOT AND MOUTH
Sometimes it's the
perfect combination



Keep taking the tablets

Summer weather doesn't guarantee sufficient vitamin D

The summer days may be long and bright but that doesn't mean you can forget about vitamin D supplementation. 'The longer days allow you to run in daylight before or after work, but the sun at these

times is not likely to be strong enough to provide the UVB rays needed for natural vitamin D production,' says sports pharmacist Steve Simbler. 'Supplementation is still a sensible option if you're training hard.'

1

Start by doing the exercise seated. 'Shorten' the foot by contracting the deep muscles. Your arch should increase in height but don't scrunch up the toes or turn the foot or ankle outwards. It's tricky: you may need to give your foot some manual assistance at first.

2

Hold for six seconds, then allow the foot to return to resting length and repeat. Build up to 10 seconds and repeat 4-5 times. When you can do this seated, progress to standing and then doing it with one leg raised.



AB FAB
Firm up
your foot

GET ON THE SOLE TRAIN

You know the importance of a strong core, but you almost certainly have been neglecting some essential core muscles – the ones in your feet. Say hello to your quadratus plantae, plantar interossei and lumbricals, to name just a few. 'When these intrinsic plantar muscles are not functioning properly, the foot's foundation becomes unstable, which may manifest in foot-related problems,' explains Dr Patrick McKeon, assistant professor in exercise and sport sciences at Ithaca College, US. The best way to engage and build your new core? Do the short-foot exercise, left.

One key move

Thoracic rotation

Runners often have stiff upper backs, which affects technique, breathing and muscle function. This exercise will loosen the area.

1/ Sit on the edge of a chair or on a Swiss ball with both feet flat. Place your hands on your thighs, and keep your shoulders relaxed and facing forward.

performing it correctly is seeing your sternum (in the centre of the chest) turning side to side. Do 20 repetitions.

2/ Rotate your trunk by sliding one hand forward and the other back along your thigh as far as the knee. A good indicator that you are



No kneed for shoes

Go bare to relieve pain

Got knee pain? New research suggests going barefoot might help, at least for women. In a recent study published in the journal *Medicine and Science in Sport and Exercise*, female runners displayed less hip adduction, internal rotation and pelvic drop – all implicated in knee pain and iliotibial band syndrome – running barefoot than when running in shoes. Their cadence also increased, even though speed remained constant, indicating a shorter stride length. The researchers say barefoot training could play a role in prevention and treatment of knee niggles.

95

THE PERCENTAGE OF RUNNERS WITH AN ANKLE SPRAIN WHO WERE FOUND TO ALSO HAVE TENDINOSIS OF THE PERONEAL TENDONS, WHICH LIE ON THE OUTER ANKLE.

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‘I just feel like I need to live for Lee’

Aimee West was engaged to Fusilier Lee Rigby when he was murdered in 2013. These days she runs a lot, for solace, for charity and as a way of remembering the man she loved

Words Sam Murphy Photography Jon Enoch





Clockwise from top left Aimee running the London Marathon in April 2014; with her beagle, Riggs, who is Aimee's favoured running partner; and with Lee on Aimee's 22nd birthday

Aimee West has found strength, comfort and purpose through running in the aftermath of the brutal murder of her fiancé, Lee Rigby, outside Woolwich Barracks, in May 2013. 'It's been my way of coping,' says the 24-year-old from Middlesex. 'At first, I felt very, very angry and running provided a physical way to get my rage out. I would cry the whole way and come home from a run absolutely drained.' Running also gave Aimee some time alone. 'I was constantly surrounded by people watching me and asking if I was OK – running gave me time to think.'

Aimee wasn't new to running at the time of Lee's death. In fact, it was he who'd got her into running. 'Keeping fit is part of the job in the army, but I'd never run regularly until I met Lee. I used to hate it, but he would drag me out: "Come on Aimee! We're going for a run." He loved it because he was better than me!' she says.

Lee and Aimee ran at a country park near Aimee's home. 'It's still one of my favourite runs,' she says. 'I like to run in places where we used to go together. I always talk to him when I run. Sometimes I hear him talk back, too.'

The couple met in 2012 while teaching at a cadet training camp in Wales. On their return to London they started dating and in February 2013, Lee proposed. A month later, Aimee set off for Afghanistan to serve as a Royal

Military Police Officer. 'We were in touch by phone and email every day,' she says. 'It's surreal to think I was ever there now, although I don't regret it.'

In Afghanistan, running meant circling the military base in heat and dust, wearing high-vis and carrying a rifle – or hitting the gym treadmill. But it was here that Aimee took part in her first official race – the US Marine Corps Half Marathon. 'Lee said if I could do that, we should enter a marathon together. A group of us did it – we had to get up at 3am because of the heat, and then they messed up the course measurement and we ended up running 16 miles,' she says. 'When I rang Lee to tell him I'd done it he was so pleased and excited. We decided to run Paris the following April because we – well, I – wanted to go to Disneyland as well.'

Lee was denied the chance of running that marathon. But Aimee ran the 2014 race along with her younger brother Chris, raising £28,000 for the Lee Rigby Fund that she'd set up as part of the Soldiers Sailors Airmen and Families Association (SSAFA), a national charity that helps members of the UK armed forces, veterans and their families.

Aimee – and Lee's family – found the SSAFA's Bereaved Families Support Group invaluable in the difficult months

following Lee's murder. 'It facilitates a way of meeting others who have faced a similar situation,' she explains. 'It really helped me. Now I know if I am having a down day I can get in touch with people who've also lost someone. Raising money for SSAFA seemed to be a good way of giving something back.'

Crossing the Paris finish line last year, in 5:21, was an emotional moment. 'I was amazed I'd done it – and so relieved I hadn't let all those people down who sponsored me,' she says. The marathon could have marked a kind of closure on running for Aimee. But over the months of training, she had found solace in the escape and routine running provided. It also makes her feel close to Lee. 'Running is something we did together. I think about him more when I run.'

Aimee continues to suffer from depression and post-traumatic stress disorder as a result of her loss. 'Having structure in my life is important to me now,' she says. 'At first I had panic attacks, thinking I could be attacked like Lee was. I still have short-term memory problems as a result of trying to block out all the painful thoughts. But it's got better. I know what triggers it and how to bring it under control – running is part of that.'

She hasn't joined a running club – preferring to run with her two-year-old beagle, Riggs, or alone – but she has been bitten by the racing bug, setting her sights on three marathons this year in aid of the Lee Rigby Fund. 'The plan

'I like to run in places where we used to go together. I talk to him when I run'

is to gradually work my time down,' she says. She already has London (with an impressive 23-minute PB) in the bag, and has Berlin and Las Vegas scheduled before the year is out. 'I like the way I can just take part in a race and blend in. No-one notices who I am.'

Aimee left the army in December 2013 and after a year away 'to sort my head out' she returned to university (she already has a degree in history), where she's been studying for a graduate diploma in law. She hasn't yet decided what she'll do afterwards but talking to this quiet yet confident woman, you get the feeling it will be something challenging, brave and purposeful.

'I throw myself at every opportunity now,' she says. 'I'm more fun and more fearless. I just feel like I need to live for Lee. There are so many things that he didn't get to do.'

● Justgiving.com/Aimee-West4

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WHAT IT TAKES TO...

Outrun cancer

Long-term friends **Ric Clark** and **Ian Jones** have many things in common. One is a love of running – particularly long distances. Another is that they've both survived cancer.

Ian was diagnosed with testicular cancer in 2010, later undergoing surgery and chemotherapy. 'Running was a good way to keep fit and healthy during treatment, and it also acted as a release for my fears and anxieties,' says the 34-year-old father of two.

After he was given the all-clear, he and Ric started to run longer distances together, even devising and completing their own 33-mile ultra run from Manchester to Preston for charity in 2012. But the following year, Ric's own battle with illness began. 'I'd felt the need to challenge myself further and taken on the Helvellyn Triathlon,' he says. 'I passed out in the water and woke up in the back of an ambulance. After that, I began to feel really unwell and lost weight rapidly. I had some tests and was diagnosed with stomach cancer.'



TWO'S COMPANY
Ric and Ian keep each other going

Like Ian, Ric continued to run during chemotherapy. 'For both of us, running acted as a barometer of our recovery,' says Ian. In mid-2014 Ric had to have his stomach removed. 'It was a difficult time, but Ian was a great support. He challenged me to run another ultra with him once I was well enough.'

Thankfully, cancer treatment is now behind them both, and Ric and Ian are preparing for a new endurance test – a three-day, 140-mile run across England, from Haverigg on the Cumbrian coast to Whitby on the North Yorkshire coast, which they will tackle in September.

Training is going well. 'We do shorter runs on our own but we tend to do the

TOUGH TIMES
Ian needed surgery and chemotherapy



longer runs together,' says Ric. 'We keep each other going, and although I have more speed and can climb hills well, Ian has stamina and endurance.'

As well as being a personal challenge, Run: Mission aims to raise funds and awareness for Rosemere Cancer Foundation, a northwest-based cancer charity that helped support both men. 'We want to show others that cancer doesn't mean the end of an active life,' says Ric. 'In fact, quite the opposite – since finishing treatment in January this year, I have achieved a personal best at every distance I have raced.'

● runmission.co.uk

Set a three-legged record



FAMILY AFFAIR
Seb (left), with his parents and twin brother

When **Lorna and James Brokenshire-Dyke** put their heads together to figure out how to raise money for their son **Seb's** much-needed operation, they came up with the idea running a marathon – on three legs.

Two-year-old Seb is a twin. He has Cerebral Palsy Spastic Diplegia, which affects his muscle control, balance and coordination. He is not yet able to stand or walk by himself. 'He'd love to be able to do things his brother, Solomon, can do, like walking, jumping and kicking a football,' says Lorna, 37.

The procedure that would relieve, or at least reduce, the spasticity in Seb's

legs is not routinely funded by the NHS. That's why Lorna and James set up a fundraising campaign, Seb's Legs, to raise the £70,000 for the operation.

'We decided to run a three-legged marathon to disable our own legs in a similar way to how Seb's condition disables his,' explains James, a project engineer from Newmarket.

Lorna and James were beginners when they embarked on a six-month training programme last October. They struggled with injuries, and their longest three-legged run before the big day was just four miles (though both had run up to 18 miles separately). But at this year's London Marathon the couple crossed the line in 4:25, setting a Guinness World Record for a mixed pair.

'We kept running as fast as we could for as long as we could,' says James. Their marathon effort raised almost £14,000, which helped them reach their goal of £70,000. 'We'd love our son to be able to run one day, too,' says Lorna.

● sebslegs.com

The rules of running

No 33: Have a mantra



'One more mile'... 'Loose and strong'... 'Smooth'. No matter what phrase or word you choose, it's always nice to have a mantra to fall back on when the going gets tough. Repeating the same few words to yourself can serve as a focal point or a distraction, depending on how you look at it.

● Extract from *The Runner's Rule Book* by Mark Remy (£11.99, Rodale Press)

thank you first of many

photo by @bubritt85

thank you running

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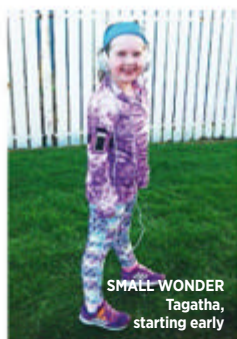
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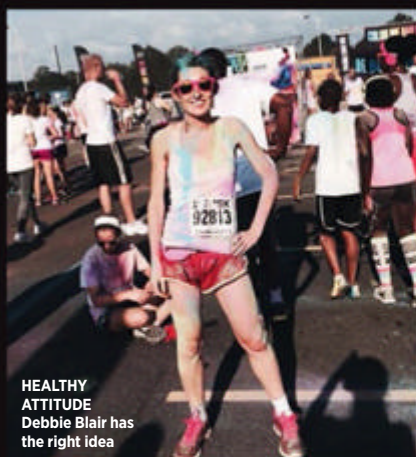
Young blood

Here is my beautiful daughter, Tagatha, (7), the inspiration behind my running. After walking her first 5K last year, she was determined to run it this year. We graduated from a couch-to-5K programme and ran our first 5K on June 6. She inspired me to keep going and even bought me my first copy of RW. At a time when more and more children are spending all their free time playing computer games and watching TV, she makes me so proud that she chooses to live a more active life.
Nicola Stokes, Aberdeen



SMALL WONDER
Tagatha,
starting early

LETTER OF THE MONTH



HEALTHY
ATTITUDE
Debbie Blair has
the right idea

Off the scale

When your 'Body Issue' (RW, July) arrived, I almost didn't read it. I've been struggling with weight and eating, while doing 60-mile training weeks. I'd become addicted and needed to stop running for a while. Your article on weight gain was a breath of fresh air from the usual 'run to lose weight' rhetoric. I'm now motivated to get better and return to running, but in a healthy way, so I can get the benefits without sacrificing my health.
Debbie Blair, London

Why do so few men join beginner groups? Do they prefer getting through the hard early stages by running alone?

Elly Roberts, Newton-le-Willows, Merseyside

RW says Did you go it alone as a beginner? Let us know

Sleep on it

As an 18-year-old runner with knee injuries, I had a light-bulb moment after reading your article *Rest is best* (RW June). I've often been guilty of getting five to six hours a night, but since reading your article I've changed my sleeping regime; no caffeine after 6pm, turning off electrical devices an hour before bedtime and making sure I don't go to sleep on an empty stomach. I now sleep eight hours a night, feel revitalised and am

looking forward to experiencing the running benefits.
Grace Allum, Saltash, Cornwall

Good old days

I take issue with some of Charles Eugster's comments (RW July). Retirement is neither a health catastrophe nor a financial disaster. I and many of my friends have found that retirement has had a beneficial effect on our health – less stress and more time to exercise. There's more to life than work.
Peter Crowther, Llanrhystud, Wales

The month in mail

2

readers told us they find inspiration in our Human Race stories

10

per cent of letters were about weird goody-bag items (an ashtray, a bag of grated cheese...)

1

15-year-old runner is disgruntled that his age prevents him entering a half marathon

'I'm always inspired by the journeys some of these people have undertaken in order to run,' wrote **Diane Parton, East Bergholt, Suffolk**.



Here are a few members of the East Antrim Marathon Series at the finish line of the Belfast City Marathon. We won first prize for fancy dress and donated the £500 to the various charities we were running for.

Craig Mills, Carrickfergus, Co. Antrim

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.*

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Sir Ranulph Fiennes

The explorer
on being the oldest
Brit to finish the
Marathon des Sables
and never giving up

Sir Ranulph Fiennes has racked up a number of firsts in his astonishing career as an explorer and adventurer. He was the first man, along with friend and fellow adventurer Charlie Burton, to circumnavigate the globe along its polar axis by surface travel; the first, with Dr Mike Stroud, to cross the Antarctic continent on foot and unsupported, and the first to complete seven marathons on seven continents in seven days. He conquered Everest at 65, and, now 71, is still taking on incredible challenges. In April he completed the 156-mile Marathon des Sables (MdS) in the Moroccan desert for cancer charity Marie Curie. He crossed the line in 67 hours, 59 minutes and 52 seconds, becoming the oldest Brit to finish the race.

Why the Marathon des Sables?

I was on the lookout for another big fundraising challenge for Marie Curie, because my Antarctica expedition in 2012 had been for a different charity, fighting blindness in Bangladesh. My old pal Mike Stroud had done the Marathon des Sables years before, which had given me an interest in it. It was very different to previous challenges that I had taken on.

Was the 'oldest Brit' element important to you?

Yes. Doing something first helps with fundraising. We'd originally discussed me taking part in it in 2014, but we discovered that I would then not have been the oldest person. It was a bit annoying, but we had to wait until 2015.

And what's your impression now of the 'toughest footrace on earth'?

It was not a happy and enjoyable experience. The heat, the sheer distance and the soft sand were a hard slog. I experienced dizziness and sickness. If I'd known just how problematic it would be, I probably would not have taken it on.

Why is that?

I don't like taking risks with my health. [Fiennes has survived two heart attacks and also undergone a double bypass operation.] The only way to complete the race is to not get caught up by the camels that 'sweep' from the back – but because of my heart problem, I mustn't let my heart rate go over 130 beats per minute. At one point the camels were only 13 minutes behind me.

What was the hardest part?

I was on my feet for 30 hours during the fourth stage, with just one hour's sleep. During the night, I misjudged a step down on to a rock and the jolt of landing did my back in. Taking a great number of painkillers – far more than was recommended on the packaging – was the only way to carry on.

At the finish, you said, 'I never thought I wouldn't make it.' What gives you such self-belief?

You can't give up. It took me three attempts before I reached the summit of Everest. If your health forces you to stop, well,

that's different – that's not mentally giving up. You get the irritating voice in your head when you're feeling negative, saying, 'You should stop'. But then I would have had to do it again.

Do you have a genetic gift for endurance or is it sheer hard work?

Hard work. Over many years of expeditions, we [he and his expedition partners] have learned what we can achieve if we don't give up.

How does your wife feel about your exploits? [Sir Ranulph married Louise Millington in 2005, after losing his first wife, Ginny, to cancer]

She's pretty good about it. But we have a daughter [Elizabeth, nine], and when I was doing MdS and Louise got word of how difficult things were getting, I received an email from her saying, 'Enough is enough. Elizabeth wants her daddy back, not a corpse.' I said I would think about it.

How did you prepare for MdS?

I enlisted the help of Rory Coleman, a Welsh ultra-running coach. He accompanied me during the race as well as advising me on how to prepare for it. He was brilliant. He got me to follow a schedule of four one-hour runs and one four-hour run a week. I didn't do as much preparation as I wanted, as I was also racing to fulfil a book contract, writing 1,500 words a day. But I did take part in the Druids Challenge, 84 miles over two days [in Buckinghamshire] in November, which built my confidence.

Are you making a stand for older people by doing these challenges?

Not knowingly. But I'm very keen on the fact that older folk are attempting to do more these days. Though whether their nearest and dearest are equally keen on it is doubtful. I believe if you still are lucky enough to be able to walk around not stooped, no crutch, no Zimmer frame, then you might as well go for it.

You are an inspiration to so many people. Who inspires you?

I never actually met my grandfather or my father – he was killed in action during the [Second World] War not long before I was born – but I grew up on stories of them and they are my heroes. What they achieved inspired me not to give up.

What have you planned next?

We have to keep it quiet, due to rivals – usually Norwegians!

● justgiving.com/ranulph or text RUN to 70007 to donate £5.



Clockwise from top left Sir Ranulph and Rory Coleman begin Day 2, at the back of the pack; the strain of the event is clear on the veteran explorer's face; celebrating with his seven tent mates; Day 3 featured hundreds of metres of ascent, some so difficult the competitors had to use ropes; Day 5 begins; the end of another brutal stage, but now he has to face the media



'I was on my feet for 30 hours, with just one hour's sleep'



RUNNING COMMENTARY

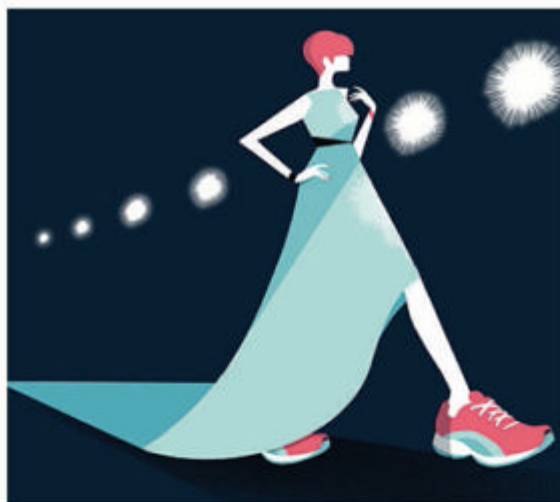
THOUGHT
THAT
COUNTS



'The run is the thing, not the outfit'

It may not have escaped your notice that running is having something of a fashion moment. Our hitherto relatively humble clobber is so on trend right now that many a front-row fashionista has swapped vertiginous Manolos for go-faster Mizunos this year – although Victoria Beckham apparently prefers Asics. But thankfully – and this is the bit that breaks new ground – the trend goes beyond merely dressing the part. Running itself has become fashionable – an activity that the famous do both in real life (Matthew McConaughey, Eminem, Kim Kardashian) and as characters on TV and in films (Emilia Fox in *Silent Witness* or Julianne Moore in *Still Alice*, to name but two).

Even some fashion industry heavyweights have been pounding the pavements and extolling the benefits of their newfound running obsession on blogs and social media. Style bibles *Elle* and *The Gentlewoman* have launched their own running clubs, while supermodel Heidi Klum has designed a 'fashion-forward and versatile' activewear range for New Balance. Calvin Klein model Natalia Vodianova and Victoria's Secret model Karlie Kloss took a break from the catwalk during Paris Fashion Week in March to run the Paris Half Marathon, while veteran supermodel Christy Turlington went one better, clocking 3:46 in this year's London Marathon.



I've got mixed feelings about running being the new black. On the one hand, I'm delighted that the sport, which has been edging its way out of the nerdy corner for some time, has finally gained its rightful status. However, I have to admit I also find it a little exasperating. It's like when an obscure band you've liked for ages suddenly hits the mainstream. You're suddenly surrounded by people going on about how brilliant they are and all you're thinking is, 'But I've been into them for ages!' It makes me feel sorry for all those people who ate gluten-free food before it was de rigueur to do so.

Far more annoyingly, it also forces me to think twice about pulling on my old baggy-kneed capri tights and my shapeless,

faded club T-shirt. I feel I have to up my sartorial game.

Of course, there's never been a greater array of stylish gear to choose from, which is part of my conundrum: I'm not happy with myself for buying into the idea that all of this matters. Surely, one of running's greatest advantages is its no-frills simplicity. Agonising over what to pair with your animal print leggings has never been part of the deal. And yet, and yet...

Just because we want our running gear to be functional – wicking away sweat, ventilating, non-chafing and easy to move in – it doesn't mean it has to lack imagination or look ugly. Casting an impartial eye over the line-up at many an athletics meet I can't help noticing that many of the runners have coiffed their hair, donned jewellery or chosen alarming socks. And even some high-profile runners are no slouches in the fashion department: American Maggie Vessey is at least as well known for her crazy technicolour outfits as she is for her blistering 800m times. To be honest, it's always surprised me: I'd have thought athletes would have more important things to focus on than whether they look good. But perhaps the careful choice of outfit is all part of the process of getting ready to perform: looking good signifies that you feel good.

And, I'm discovering, there is something quite enjoyable about dressing up to run. It's not a deal-breaker by any stretch – the run is the thing, not the outfit – so if need be, I'll cheerfully grab anything without a second thought about coordinating my outfit.

Running does not need fashion to be a form of self-expression – it is one already. But if running becoming fashionable means I can wear Lycra on the train without looking like a geek, then it's all for the good. But maybe I'll steer clear of the baggy capri tights.

Speedy
stat

2

The minimum number of pairs of shoes you should have on the go, according to a study on shoe rotation and injury risk

● Sam Murphy tweets
@SamMurphyRuns

Illustrations Pietari Posti



'I don't know if I've ever enjoyed a race more'

The annual community 10K was approaching and I felt fit as a fiddle – 41- or 42-minute shape. There was just one question – was I running with my son? The previous year had been odd. We'd agreed to run together, but I'd left him behind. George had been running a lot, regularly leaving me in long runs, but we set off too fast, he couldn't handle the pace and just after the first half he fell back – and apart.

As I raced ahead – I finished in 43 minutes – he stopped, walked, got lost, started again and came in at 55 minutes. Running ahead had like felt a natural thing to do, but as the race faded into memory my guilt intensified. I was plagued by images of my son falling back, looking tired and confused as I raced away. I became haunted by the idea of his thirtysomething self tearfully spilling out abandonment issues to a psychotherapist: 'And then, just when I needed him... he ran off... into the distance!'

This year offered the chance of redemption. But first, clarity was needed, which is not easy to extract from a 16-year-old.

A month before the race, I asked, 'Are you running the 10K this year?' 'Erm, yeah. Probably... definitely... um... playing Xbox.'

Two weeks before: 'Are we running the 10K this year?'

'I think it best if I leave it... not enough training – and exams.'

Then, the day before the race, he approached me: 'I'm really looking forward to the 10K this year.'

'Brilliant,' I said. 'Now listen' – I fixed him with a meaningful Dad look – 'this year, together, till the end. Yes?'

'Cool.'

The aim was to take him sub-50 – a PB for him. We agreed that I'd set the pace. It was hard fighting the urge to set off too fast, that optimistic explosion that greets any mass start, but we let them go and then weaved our way to the middle of the field. We'd talked about short, fast strides and relaxing the upper body. At water stations I'd throw water on his legs and shoulders. Conditions were perfect, sunny with a gentle breeze. At 3km a mate passed us. He looked a tad laboured and didn't notice us as he went past. I nodded to George and mumbled, 'Quite like to beat him, if possible.'

'Cool.'

'No pressure.'

'OK.'

We had agreed the second half would be faster. As we hit 5km I asked a guy on my right for a time check. About 25 minutes. I sped up slightly. George looked OK, but it can all go wrong so quickly when you're 16 and you haven't done any training. I was half a pace ahead now, testing him a bit: 'Let's go!'

He wanted to beat 50 and I wanted to help him. I also wanted to beat this fellow in front. Could we do both? Fatigue was setting in, but he was fine, he's a natural – great style, low arms, fast leg turnover, graceful.

Runnerpedia

Motion control

(n) 1. The heroic ability to resist the urge for a midrace bathroom stop.

2. A kind of running shoe

'I'm getting tired,' he said. 'That's OK,' I replied, '2km to go. We can do this.' The fellow we were trying to beat was 20m ahead of us. At times I was two or three steps ahead of George, gesturing at my hip for him to catch me.

In the last kilometre we passed my mate. It was polite and I chatted to him, but we didn't stop. I was urging my son on. He was knackered. I told him he had surely beaten last year's time. This seemed to cheer him. As we entered the last 400m I ushered him ahead of me and said, 'You lead now.' He lengthened his stride and it felt amazing – we were together. As we hit the grass for the last 200m he sprinted and I stayed with him – just. As we barrelled down the finishing straight he pointed to the clock: 'We've smashed it, Dad!' 46:30.

He loved it. I was ecstatic for him. I don't know if I've ever enjoyed a race more. Last year was not my finest hour, it was not what being a Dad is about. I know that now. At 16, my son's growing up. And I guess that at 45, so am I.

● *Paul Tonkinson is a standup comedian who spends his time running and philosophising*



Wise Words

#35: Mentors

'A coach is someone who can give correction without causing resentment.'

John Wooden, basketball player and coach

'A coach can be like an oasis in the desert of a runner's lost enthusiasm.'

Ken Doherty, decathlete and running coach

'The primary reason to have a coach is to have somebody who can look at you and say, 'Man, you're lookin' good today.'''

Jack Daniels, physiologist and coach

'My dad has been there, every step of the way. He's the reason I remember to pick my head up and appreciate the view.'

Erin Strout, writer

A

B

C

D

01

02

03

04

05

50 Best Races In The World 2015

A

B

C

D

In the ultimate globetrotter's guide,
RW reveals the best events
on the planet outside the UK

01

Eiger Ultra Trail

▲ Staged in the shadow of the Eiger, this is a beauty of a beast, with 6,700m of ascent over 101km, and a gradient profile that looks like the readout from a Sepp Blatter polygraph. The weekend festival of running also offers a 51km/3,100m Panorama Trail and a 16km/960m Pleasure Trail.

Next race: July 18-19, eigerultratrail.ch

02

Bahamas Marathon

This is, as you might imagine, a pretty laid-back experience. Starting at 6am, you'll get in some decent mileage before the heat gets too oppressive, and as you make your way along the fast, flat course you'll enjoy miles of ocean views and gleaming white sands.

Next race: January 17, 2016, marathonbahamas.com

03

Waiheke Trailblazer

Waiheke, a 35-minute ferry ride from Auckland, New Zealand, is known as the 'fittest island in the world'. Options here range from a 3km fun run all the way to full marathon, with all offering a great mix of single track, beach, grassy paddocks and bush.

Next race: December 12, synergyfit.co.nz

04

Maratón de Quito

At 2,800m above sea level, Quito, the capital of Ecuador, is the highest capital city in the world. The race is a hilly, bumpy affair as befits an event set in a city that's built close to a volcano (Pichincha), but the route gives you a superb tour of the beautiful, historic centre.

Next race: July 31, 2016 (TBC), maratondequito.com



05

City2Surf

In terms of numbers, this is the biggest race on the planet, attracting more than 80,000 runners in recent years. If that's not reason enough to stick it on your to-run list, the course is a belter, starting in Sydney's Hyde Park and winding through city neighbourhoods such as Kings Cross to the waterfronts of Double Bay and Rose Bay, then to the Pacific coast and a finish at Bondi Beach. And the unusual 14km distance means you're pretty much guaranteed a PB.

Next race: August 9, city2surf.com.au

06

Paris Marathon

This is a suitably grand affair, with over 35,000 runners starting on the Champs-Élysées, then following a course beside the Seine and past some of the city's most imposing and best-known sights, including the Place de la Bastille, the Louvre and Place de la Concorde. Plus there's the very Gallic (and, frankly, superb) touch of locals serving wine and cheese to runners in the final miles.

Next race: April 3, 2016, schneiderelectric.parismarathon.com

07

Bagan Temple Marathon

► A voyage through central Myanmar, home to the 2,000 Buddhist temples that remain from the temple-building boom of the 11th-13th centuries, when over 10,000 were erected. Passing through this slice of history is like entering another world – and it's made all the more pleasurable by the locals coming out to offer support.

Next race: November 28, 2015, bagan-temple-marathon.com

08

Star Wars Half Marathon

A short time from now in a country not too far away... you can dress up and run surrounded by Darth Vader, Chewbacca and other characters from the galaxy's best-loved space saga (even the very little lamented Jar Jar Binks). And with the latest in the series opening in December, you may even see some new faces. The 13.1-miler through the Disneyland Resort is huge fun and the medals are, well, out of this world.

Next race: January 17, 2016, rundisney.com/star-wars-half-marathon

09

Mount Everest Marathon

The world's highest 26.2 starts at 5,184m, close to Everest Base Camp, but you do get a net downhill by the finish in Namche Bazaar. The surroundings are as truly epic as you'd expect in the Himalayas and following the tragic events in Nepal this year, you'll be supporting the recovery of the local economy/community through the money you spend and raise via the Everest Marathon Fund.

Next race: Nov 2017 (TBC), everestmarathon.org.uk

10

Marathon du Médoc

RW eyewitness:

Andy Dixon, Editor
'If Withnail had been a runner rather than a failed and dissolute actor, this would have been his favourite race. I had 26 opportunities to drink the 'finest wines available to humanity' in a race that traces a beautiful circuit of over 50 Bordeaux chateaux, with each aid station serving up the region's famous plonk, as well as water. The dilemma was whether to go for an even split (have the same amount of wine throughout) or negative split (neck more in the second half). The organisers encourage you to be as slow as possible to literally drink in the experience, so forget about time, savour some steak, cheese or oysters at the gourmet food stations, enjoy the moment and worry about the gout tomorrow. Oh, and did I mention you also have to do it in fancy dress?'

Next race: Sept 12, marathondumedoc.com

11

Italy Coast to Coast

This stonker of a team race is a four-day, 343km event that takes teams of up to four from the Adriatic on Italy's east coast to the Tyrrhenian Sea, on the west, passing through Emilia-Romagna, Marche, Umbria and Tuscany.

Next race: May 2016 (TBC), ovunquerunning.it

12

Galapagos Marathon

Along with the wonders on display – you'll see giant tortoises and sea lions – there's a lovely human connection at this small event on San Cristobal Island. All international runners sponsor a local by paying their entrance fee.

Next race: October 18, cometogalapagos.com

13

Barcelona Marathon

This is a showcase for one of Europe's most beautiful cities, with the March date meaning the weather will be ideal, so you can get on with enjoying sights such as Montjuïc Park's Magic Fountain and Gaudí's staggering Sagrada Família.

Next race: March 13 2016 zurichmaratobarcelona.com



14 Outback Marathon

Staged on the bush tracks, fire trails, sand dunes and soft red earth of the continent's otherworldly red centre. You'll get a runner's eye view of Uluru (Ayers Rock) and also grab more than one eyeful of the equally impressive domed rock formations of Kata Tjuta.

Next race: July 30, 2016, australianoutbackmarathon.com

15 Mongolia Sunrise to Sunset

Whether you choose the 42km or 100km option, your time limit is the same: complete your course round the stunning Hovsgol National Park in the 18 hours between – you guessed it – sunrise and sunset. You may see moose, bears, yaks, ibex and camels.

Next race: August 5, 2016, ms2s.org

16 The Dipsea Race

America's oldest trail race is a mere 7.4 miles long but so steeped in its own mythology it has to be on every runner's bucket list. The route, taking in glorious California greenery, is stepped and single-file narrow in places, and the unique handicapping system means anyone has a chance of winning.

Next race: June 12, 2016, dipsea.org

17 North Pole Marathon

As adventure marathon experiences go it's quite hard to top being flown to the Geographic North Pole, where you'll run your 26.2 on an ice sheet, with only 6-12 feet of frozen water between you and the immense depths of the Arctic Ocean below.

Next race: April 9, 2016, npmarathon.com

18 Catalina Island 10K

Hop over to the beautiful island of Santa Catalina, just off the coast of Los Angeles, and you can take in this fabulous 10K jaunt round the streets of Avalon and cool off by the ornate fountain at the finish.

Next race: March 19, 2016, runcatalina.com

CENTRE OF
ATTENTION
Go deep in
the outback

19

Cruce de los Andes

Crossing 100km of the Andes over three days, in teams of two or solo, is a serious challenge; runners have to deal not only with the altitude but also with very unpredictable weather. The constantly changing, but always epic vistas of mountains, volcanoes, forests, lakes and valleys will certainly help on the route from Chile to Argentina.

Next race: February 14-16, 2016, elcrucecolumbia.com

20

Maui Oceanfront Marathon

Maui is the second largest of the Hawaiian islands, but this is a low-key marathon (among the eminently reasonable advice to runners is to 'Hang loose, you're in Maui') limited to just 600 runners, which generates an intimate and casual feel. Nonetheless, with its beautiful setting, this is a very special event – and you may even spot a whale, though almost certainly not on the course.

Next race: January 17, 2016, maui-oceanfront-marathon.com

21

Ultra Trail du Mont Blanc

The daddy of Alpine trail races takes in three countries (France, Switzerland and Italy) in 168km around Europe's highest peak. You'll need to amass qualifying points just to get on the start line and commit to over 30 brutal hours in often very unpleasant weather conditions to reach the finish, but your reward is one of running's greatest experiences. And some serious bragging rights.

Next race: August 28, ultra-trail-mont-blanc.com

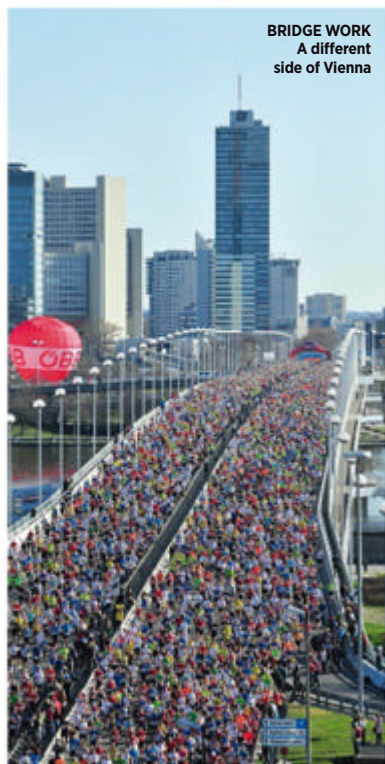
22

Moscow Marathon

A flat, fast course on closed and, in places, exceptionally wide roads, and a modest field of 7,000 ticks PB-chasers boxes. Runners who are equally interested in the views can tick off several, including the White House, Bolshoi Theatre, former KGB building, Polytechnic Museum, the Kremlin, St Basil's Cathedral and the Cathedral of Christ the Saviour. There is also a 10K.

Next Race: September 20, moscowmarathon.org

HIGH AND MIGHTY
Up against it
in the Andes



BRIDGE WORK
A different
side of Vienna

23

Vienna City Marathon

▲ A hidden gem among city marathons, the superb course starts among the skyscrapers of the UN complex, crosses the 864m Reichsbrücke bridge over the Danube, then heads through the greenery of Prater Park, past the Opera House and on up Vienna's River Valley to Schönbrunn Castle before returning via some of the city's stellar architecture, including the Town Hall, Burg Theatre and University.

Next race: April 10, 2016, vienna-marathon.com

24

Kilimanjaro Marathon

Now in its 13th year, this race is a slick and very well supported affair. With mighty Kilimanjaro in the background the route takes you from the town of Moshi, Tanzania, through small farms and villages, and past banana and coffee plantations.

Next race: February 28, 2016, kilimanjaronmarathon.com

25

French Riviera Marathon

RW eyewitness: Joe Mackie, Deputy Editor
'It's not hard to see what attracted me to this one, and France's second largest 26.2 certainly didn't disappoint. It's a truly beautiful coastal course, starting on the grand Promenade des Anglais in Nice and winding its way along the shapely curves of the Cote d'Azur to finish at the Boulevard de la Croisette in Cannes. This isn't a London or a New York – support is sporadic and there are long sections where the soundtrack is just wind, waves and runner's footfalls. Still, I found that this combined with the constant views out over a twinkling Mediterranean, the masts of yachts bobbing in the marinas and a trot through the timeless beauty of Picasso's former favoured haunt of Antibes (he loved the light here, apparently) made for an aesthetically rich and soulful 'big race' experience. The organisation is impressively slick and clock-watchers may note that the course is both uncrowded and pancake, sea-level flat, bar a modest climb at the Cap d'Antibes and a quad-searing bump lurking cruelly close to the Cannes seafront finish. I was even able to scrape a Champagne-justifying PB to complete what still ranks as one of my all-time favourite race experiences.'

Next race: Nov. 8 marathon06.com

26

The Desert Challenge

A truly awe-inspiring odyssey across the desert of Oman. There are three nonstop options (130K, 200K or 285K) or a six-day stage race (300K), each starting at the Arabian Sea near Muscat and crossing wadis (ravines), mountain trails and the majestic Wahiba Sands desert before returning to the coast.

Next race: January 24-31, 2016, thedesertchallenge.com

28

Antarctic Ice Marathon

Indulge your inner Shackleton with a conquest of the planet's last great wilderness. You'll be running at 80 degrees south, just a few hundred miles from the South Pole in average temperatures of -20C. Don't expect much in the way of crowd support though – not even penguins venture this far south.

Next race: November 19, 2015, icemarathon.com

27

The Red Bull 400

You may be pleasantly surprised to hear that while the '400' in the name does refer to distance, it's metres, not miles. But the event, to be held in Canada this year, has a serious sting in the tail: it's a sprint up a grass-laid ski-jump slope; the higher you go, the steeper it gets. Great fun and if you can reach the top without resorting to all fours you've got world-class quads.

Next race: July 19, Whistler Olympic Park, Canada.redbull.com



TWO LEGS GOOD...
Two legs and
two arms better

04

05

29

Creemore Vertical Challenge

A beautifully brutal trail run in Ontario, Canada. Whether you choose the 25K, 50K or new 75K option it's hot, hilly and painful, but enormous fun. As you near the end you can cross a suspension bridge or tackle the Mad River. Sounds like an easy choice.

Next race: August 8, ouser.org

30

Melbourne Half Marathon

A gem Down Under, with 12,000 runners starting on Batman Avenue, looping around the city's lake, passing the William Barack Bridge twice and doing a circuit of the MCG (Melbourne Cricket Ground) to finish.

Next race: October 18, melbournemarathon.com.au

31

Inca Trail Marathon

True once-in-a-lifetime stuff – a measured, marshalled and supported 26.2 starting at the Lactapata ruins and following stunning Andean trails through Inca sites to the world's greatest photo-op finish – Macchu Picchu.

Next race: July (TBC) 2016, eriksadventures.com

32

Niagara Falls Marathon

The course spans two countries – it starts in the US city of Buffalo and finishes at the edge of the Falls in Canada. On the way you'll go through the beautiful Niagara Park and twice past the star attraction. Pretty hard to top for 'Wow factor', though we can't begin to imagine how much you'll need the toilet throughout – so much rushing water...

Next race: October 25, 2015, niagarafallsmarathon.com



OCEAN GOING
The end of the road
is a long way away

GO WEST
And keep going
for 100 miles



33

Western States 100

◀ This 100-miler starts in Squaw Valley and takes you through the high trails, mountain passes, canyons and river crossings of California's Sierra Nevada Mountains. Make it to the finish in Auburn in under 30 hours and you get a bronze belt buckle; under 24 and it's silver. It's been going since 1974 and has become one of the great running challenges.

Next race: June 2016 (TBC), wser.org

Photography: Two Oceans Race: Chris Hitchcock, Western States 100: Luis Escobar, Volcano Marathon: Mike King/LNP

34

Two Oceans Race

This course, rightly regarded as one of the most picturesque in the world, takes you via Chapman's Peak, Hout Bay and Constantia Nek to showcase Cape Town's beautiful scenery and deliver grandstand views of the two Oceans in question – the Indian and Atlantic.

The distance (52km), terrain and gradient profile make this a serious challenge and the atmosphere generated by the 11,000 runners and enthusiastic crowds is something special.

Next race: March 26, 2016,
twooceansmarathon.org.za

35

Volcano Marathon

► Run 26.2 miles in the Atacama Desert – the driest place on earth and four kilometres above sea level – tackling giant sand dunes and terrain reminiscent of the surface of Mars, while enjoying panoramic views of 10 volcanoes. While there may be snow on the ground at the start of the race, the temperature can reach 30C, so prepare for some fierce heat and hydrate accordingly.

Next race: November 12,
volcanomarathon.com



DRY RUN
 Racing in what feels
 like another world

50 BEST RACES 2015

36-40

The Majors

New York City Marathon

Starting on Staten Island and finishing in Central Park, this course takes you through all five boroughs and the greatest crowd support on earth.
Next race: November 1,
nyrr.org

Boston Marathon

Steeped in history, a course that blends rural New England with a city finish, and a unique atmosphere that was defiantly underlined after the 2013 bombings.
Next race: April 18, 2016,
baa.org

Berlin Marathon

The scene of 10 world records, but it's more than fast and flat, taking you through Berlin's sights and big crowds, and it starts and finishes near the Brandenburg Gate.
Next race: Sept 27,
bmw-berlin-marathon.com

Tokyo Marathon

The most recently added major immerses you in the exciting 'otherness' of Tokyo's sights and sounds, including the oddly polite applause of the crowds.
Next race: Feb. 28, 2016,
tokyo42195.org

Chicago Marathon

A great course taking in 29 city neighbourhoods, all competing to deliver the best atmosphere. It attracts runners from more than 100 countries.
Next race: Oct 11,
chicagomarathon.com

41

Sao Paulo Marathon

The other 'city that never sleeps' becomes even more frantic at marathon time, when 12,000 runners converge to lap up the adoration of the crowds and take in sights such as the 72m Obelisk monument.
Next race: May 15, 2016,
yescom.com.br

42

Seychelles Eco Friendly Marathon

There are a few reasons to visit the Indian Ocean paradise: palm tree-covered islands, white-sand beaches, spectacular weather and this marathon. The route takes you along the east coast of Seychelles' principal island, Mahé, between forested hillsides and the sapphire ocean. Sound just about OK?
Next race: February 28, 2016,
seychelles-marathon.com

43

Satara Hill Half Marathon

This utterly captivating 13.1-miler will take you from the centre of the Indian city of Satara towards the Kaas Plateau – a UNESCO World Heritage site known for its profusion of wild flowers. The challenging route will also take you past waterfalls and through low cloud. Beautiful, but tough.
Next race: September 6,
satarahillmarathon.com

44

Borneo International Marathon

The route here is spectacular, winding along the coastline of the South China Sea. The other payback for the brutal 3am start is that you get to see the sun rising behind majestic Mount Kinabalu.
Next race: May 2016 (TBC),
borneomarathon.com

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50

Hood To Coast**RW eyewitness:****Kerry McCarthy,**
Commissioning Editor

◀ 'If you only ever do one long-distance relay race, make it this one. It is – and I choose this word carefully – epic: a 197-mile, 12-person journey from Mount Hood in Oregon to the small town of Seaside on the coast. There's a 36-hour limit and each team member runs three legs of varying length and difficulty (adding up to around 17 miles per person). The wonder of the scenery is almost incidental to the crucial business of (a) making sure the team vans, which travel between checkpoints, are as gaudily decorated as possible, and (b) ensuring you do your share of clocking 'roadkill' (runners you pass). The beach finish will feature tears, smelly team hugs, craft beer and hotdogs, to crown a highlight of your running career.'

Next race: August 28-29, hoodtocoastrelay.com

ROAD TRIP
On the way from
Hood to Coast

45

Sea Wheeze Half Marathon

The organisers describe this as a 'yoga.run.party distilled though the wild imaginations of curiosity-drunk rebel scientists.' Translation: in addition to a stunning course – 11km next to the Pacific and the rest showcasing vibrant Vancouver – you get yoga on the beach, a post-race brunch and a Sunset Festival.

Next race: August 20 (TBC), 2016, seawheeze.com

46

Phuket Island Marathon

The strapline for this event is: 'Run Paradise', and the marathon, half and 10.5K options all offer up some gorgeous sights of this Thai island, including rubber and pineapple plantations, waterfalls, sandy coastline and, on the marathon route, Sirinat National Park.

Next race: June 2016 (TBC), phuketmarathon.com

47

Napa Valley to Sonoma Half Marathon

The 7am start means it's too early for a tipple but the route, which takes you through hundreds of acres of Californian vineyards and past the Napa-Sonoma Marshes Wildlife Preserve and Mt Tamalpais, will ensure you're ready for the wine festival awaiting you at the finish.

Next race: July 17, 2016 (TBC), destinationraces.com

48

Jungfrau Marathon

Starting at just over 500m and finishing at 2,100m, the gradient profile of this mountain race can kindly be described as 'punchy'. Still, your inevitable 'personal worst' means more time to savour the beauty of the Swiss Alps. The last kilometre is downhill, which is something to look forward to.

Next race: September 12, 2016, jungfrau-marathon.ch

49

The Big Five Marathon

▼ A 26.2-mile trek through spectacular savannah in one of Africa's 'big five' game reserves offers you the chance to spot elephants, rhino, buffalo, lions and leopards as you pound the dirt. Prepare for total immersion in one of nature's most glorious environments.

Next race: June 25, 2016, big-five-marathon.com

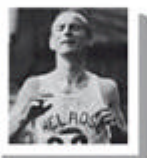


MARATHON

BY
CLARENCE DEMAR

EVERYTHING YOU NEED TO KNOW ABOUT *RUNNING* WAS DISCOVERED BACK IN 1937

**THE ADVICE OF OLYMPIC BRONZE MEDALLIST
AND SEVEN-TIME BOSTON MARATHON WINNER
CLARENCE DEMAR HAS STOOD THE TEST OF TIME**



You've probably never heard of Clarence DeMar. And in a world of VO₂ max testing, DNA-tailored training and 3D gait analysis, it's unlikely you seek coaching advice from a book written before the Second World War. However, DeMar, the most prolific winner in Boston Marathon history – he

won the event seven times between 1911 and 1930 and took bronze in the 1924 Olympic marathon – was remarkably prescient when it came to running wisdom. In 1937 this self-coached runner shared his secrets in a memoir called, simply, *Marathon*. They're as useful now as they were then.

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51

Written long before our participatory running culture existed – ‘How does it feel to run a marathon?’ is the title of one chapter – *Marathon* is aimed at the 1930s reading public, to whom the idea of running 26.2 miles was akin to flying a plane around the world: a risky venture attempted by few. Yet many of his theories on training and exercise presaged what would become accepted practice many generations later.

DeMar had a hard upbringing – he was separated from his family for much of his childhood – but he was intellectually curious; a typesetter by trade, he earned an undergraduate and master’s degree as an adult and later taught industrial arts at the Keene Normal School in New Hampshire, US. The DeMar Marathon has been held annually in Keene for the past 37 years in tribute.

DeMar was certainly opinionated, which makes his book lively reading, and he had a temper, particularly during a race. He was known for taking swings at spectators who broke his concentration on the course of the Boston Marathon, where his consistent victories inspired the reporters of the day to dub him ‘Mr DeMarathon’.

Much of *Marathon* is devoted to DeMar’s assessment of what worked – or didn’t – in his preparations for a marathon. ‘He listened to other people’s advice,’ says DeMar Marathon race director Alan Stroshine, who has read much about the man and met some of his descendants. ‘He would try different things, but he recognised that we’re all different, and he always seemed to go back to what worked for him. I think that’s a good lesson for any runner.’

Unlike classic running books such as George Sheehan’s *Running and Being* or Jim Fixx’s *Complete Book of Running*, which were bestsellers and helped spark the 1970s running boom, *Marathon* appears to have had little impact at the time of its release. It was reprinted in 1991, though only used hardbacks are available on Amazon.

While some of what he rails at is not relevant nearly 80 years later, DeMar’s observations on what he calls the ‘problem of getting into condition and staying there’ make the book seem completely fresh.

DeMar ran Boston for the last time in 1954, at the age of 65, and he died of stomach cancer four years later. Can the advice of this long-ago champion help you in your preparation for your next 10K or marathon? We ran some of his key ideas on training past today’s experts for analysis.



FOOTSTRIKE

CLARENCE DEMAR

‘My whole attitude is that whether one shall run on his heels or his toes is hardly worth discussing. The main thing in distance running is endurance and the ability to get there as quickly as possible.’

A

t the University of Vermont, US, in the early 1900s, DeMar tried out for the cross country team. On the first day the coach watched him run and yelled at him, ‘Run on your toes!’ DeMar said it took him a long time to get the hang of it, and he later decided to go back to his natural heel-striking gait. He concluded that running on your toes might be a ‘trifle’ faster, but was more fatiguing – and irrelevant to success.

Today’s experts

‘His point is well made,’ says Heather Vincent, director of the Human Performance Laboratory at the University of Florida.

'We've focused so much on what part of the foot hits the ground and not as much on how you land and your overall form.'

DeMar lived in an age before Newton shoes or passionate online debates about barefoot running form. But he believed that success in running was less about where your foot landed than it was about how you finished. The result of an analysis of 940 runners in Vincent's lab has led her to a similar conclusion. 'If you try to change your gait to fix one little thing and you've had no problems before, that's when you get in trouble,' she says.

Rather than just the foot, look at the overall form. 'What we're finding is that the people who are injury-free have a nice soft landing, and they are able to keep their joints in alignment,' she says. 'Whether they hit with the heel, midfoot or forefoot is not as important as whether they have control over the movement.'

If you feel that you don't have enough control over your running motion – if, for example, you are a hard striker who slaps the ground with your feet, then training your balance and strengthening the hips and glutes, as well as a gait analysis, can help, says Vincent.

ACCUMULATING THE MILEAGE

CLARENCE DEMAR

'I used to get up at four many mornings and run a mile up to our Victory Garden, run back, take a shower and breakfast, then run to the train and afterwards from the train to work. My condition for running improved.'

D

eMar's announcement that he intended to do a training week of 100-plus miles in preparation for the 1927 Boston Marathon was considered newsworthy enough to rate a story in *The New York Times*. How did he rack up the miles without breaking down? And as DeMar had a full-time job and a family, how was he able to build his training around the rest of his life?

His answer: integrate running into his daily routine. Long before health officials were talking about the importance of engineering more activity into one's lifestyle, DeMar was doing it on a daily basis. He eventually built up to 12 miles of running a day, in work clothes, to the various print shops where he worked around Boston, all in addition to his long training runs at the weekends.

Today's experts

'I'd totally recommend something like that,' says running coach Dena Evans. 'For most of us, part of the key to success in running is working out how it makes sense in context with the other stuff in our lives.' Evans, a mother of two, integrates running into her daily routine. 'I'll run to the bank, about two miles away, and run back,' she says. 'I'll run loops around the pitch while my kids are at football practice.'

All it takes is a little imagination and opportunism, just as DeMar used his runs as part of his daily routine. 'If there are ways to be creative about it and minimise the impact on other priorities, it's a win-win,' says Evans.



DIET DURING MARATHON TRAINING

CLARENCE DEMAR

'While running and sleep are the most important things [for success in marathons] from my point of view, from the questions people ask, you'd think food was... we don't need to be so fussy... Very likely the balance [of carbs, protein and fat] is there in a simple home diet, so well that if we fussed with it we wouldn't make the proportion much better and we might take the joy out of eating.'

In 1911, after winning his first Boston Marathon, DeMar was approached by physician John Harvey Kellogg (of cereal fame, although it was his brother who actually made that business successful). Kellogg ran a clinic and espoused various health beliefs, among them the value of vegetarianism. He asked DeMar if, as an experiment, he'd commit for one year to a vegetarian diet that Kellogg would prescribe. DeMar agreed and dutifully followed the regime, although he felt little difference in his running. When he won a marathon in Brockton, Massachusetts, later that year, the doctor crowed to the press that it was because DeMar had followed his diet – in particular, Kellogg's recommended pre-race breakfast of (no, not Corn Flakes) oranges and pine nuts. 'I probably would have won anyhow,' DeMar wrote. 'And if the experiment had any scientific value, it was simply to show that a person could have plenty of endurance without meat for some months.'

DeMar returned to his usual 'balance of simple food' and said that, when it came to diet, every runner was different.

Today's experts

'I agree with what he said about balance and about the differences between individual runners,' says sports nutritionist Tracy Stopler. 'Some really do run better on empty; others need a lot of carbs. You have to individualise.' While she notes there are many health benefits to be gained from a plant-based diet, she stresses that you don't have to be a vegetarian to be a successful runner.

But Stopler, who works with many endurance athletes, adds an important caveat to DeMar's nutritional philosophy. She points out that what might have constituted a 'simple, home diet' in his time is very different from the way we eat at home – when we do eat at home – today. 'There was no McDonalds in 1937,' she says. 'There were less processed foods. Everything was homemade. I would love to see the current generation go back to that tradition.'

Living in a world of microwaved and takeaway foods, today's runners probably do need to be a little bit 'fussy' and pay closer attention to what they're eating. But if we returned to fresh ingredients and meals our grandmothers would recognise, then DeMar's advice would still be sound.





DISTRACTIONS AND FOCUS

CLARENCE DEMAR

'I sometimes feel that the whole world is divided into... those who pay attention and accomplish things and those who distract attention and are infernal nuisances. The runners are paying attention and the rest of the world is mostly trying to distract them.'

D

eMar is candid about his notorious temper and what he called 'the fear and hate in my heart' when he raced. 'In less than a half a mile,' he said, 'I began to feel very tense... The mental difficulty of keeping my body at the task was such that the one thing I dreaded was interruption or distraction of any kind.'

DeMar tried to analyse his mental state while racing. This was a man who also taught Sunday school and was a scoutmaster, so in some areas of life, at least, he demonstrated patience and calm. 'Was the fear increased because I was running or did I run better because I was afraid?' he wondered. 'Ask the psychologists, I don't know.'

So we did.

Today's experts

'There are some athletes who don't want a pat on the back; they want a kick in the behind,' says sports psychologist Michael Sachs. 'They want to be told they're not good enough, that they can do better, and that spurs them on. DeMar may have been in this group, who are motivated by fear.'

As for DeMar's observation on distractions, Sachs agrees. 'That's applicable to runners today. We, the runners, are out there trying to better ourselves. The rest of the population seems to be sitting on the sidelines, and in some ways they may be annoying.'

One can only imagine how DeMar would have reacted to runners using their phones during a race. If you find such behavior irksome, tune it out. 'You are in control of your thought processes at any point,' says Sachs. 'You just have to say, "I'm not going to let this derail my race."'

Or you could use it to fuel your fire, as DeMar did. Just don't go taking a swing at the overexcited runner taking selfies in the middle of the race. 📱

Map it out

Big race coming up? Plan your strategy around the course to run smart, finish fast and have fun

The training is over but that doesn't mean you're ready to run. To make the most of your hard work, shift your focus from your training grid to the course map (we're using a fictional 13.1-miler). Familiarising yourself with race-day logistics – from where to park, to where to make your pit stop(s) – will ease your nerves, boost your confidence and shave minutes off your time.

WINDING ROADS

If you're after a PB, identify sections where the course twists and plan the shortest route – the tangents – says coach Karen Meadows. A course is measured using a straight line from the beginning to the end of a curve. Deviating from that tangent line means you cover more ground.

ENTERTAINMENT

DJs and bands can put a little too much spring in your step and cause you to surge ahead of your race pace, especially early on. Prepare yourself to resist the motivational kick and hold your pace steady, even when *Born to Run* is blasting from the speakers.

WATER AND FUEL STOPS

Why should you plan when exactly to eat and drink? A recent study found that marathoners who had a fuelling strategy ran, on average, 11 minutes faster than those who didn't.

START AREA

Study the map to locate the start, parking area and/or public transport stops nearby. Take note of how far the finish is from the start – you may want to park or catch a bus/train closer to the finish to spare yourself a long post-race walk.

MEDICAL TENTS

You'll be glad you know where these are located should you need a plaster, a dollop of Vaseline or some more serious help.

TOILETS

Nerves might have you seeking a loo more often than you would on a normal run. Knowing whether those plastic boxes of great relief are every mile, say, or every other mile, might influence your decision on whether to stop or wait it out. And that may save you a world of discomfort and embarrassment.

KEY



WATER + FUEL



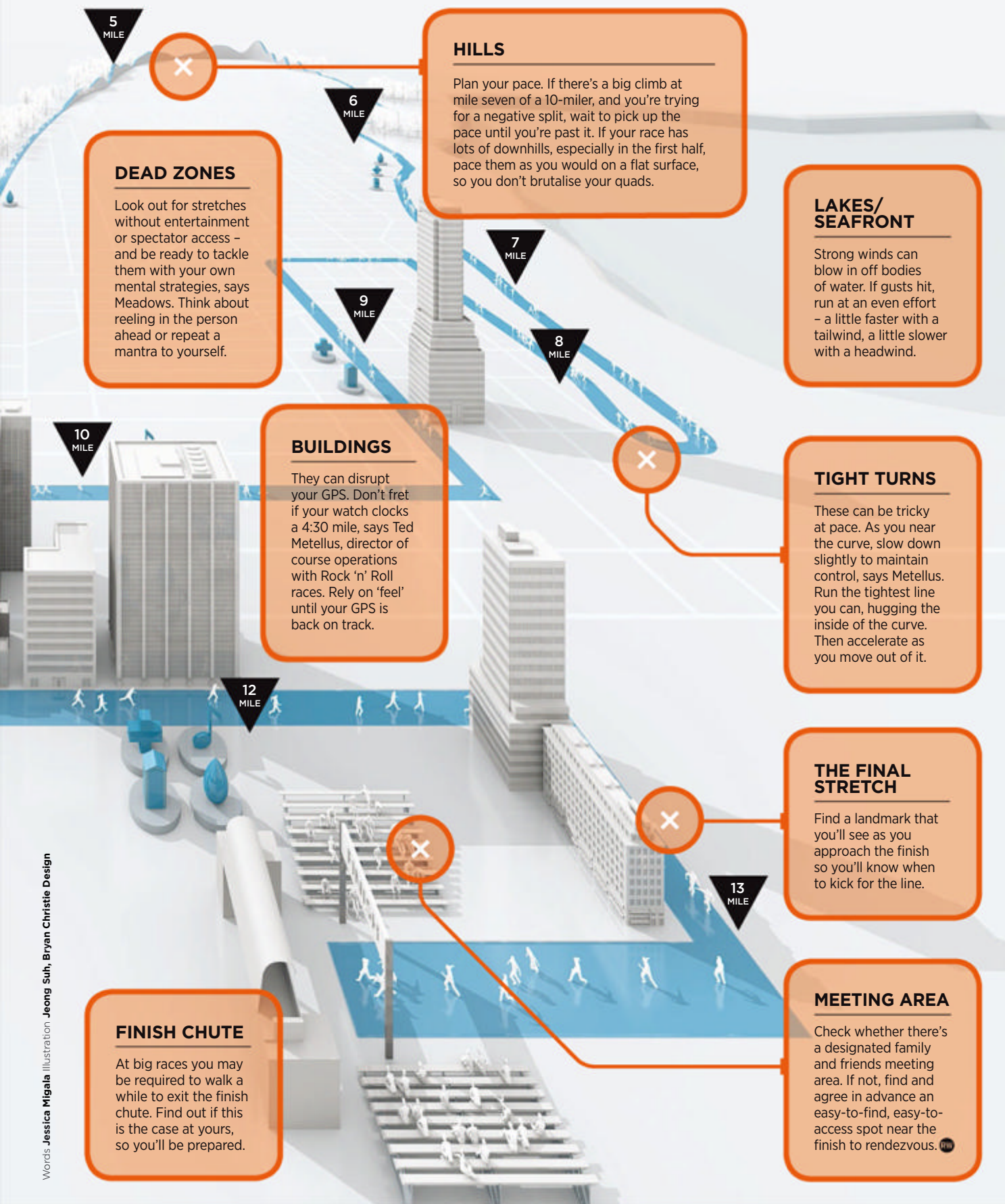
TOILETS



MEDICAL AID



ENTERTAINMENT



DEAD ZONES

Look out for stretches without entertainment or spectator access – and be ready to tackle them with your own mental strategies, says Meadows. Think about reeling in the person ahead or repeat a mantra to yourself.

HILLS

Plan your pace. If there's a big climb at mile seven of a 10-miler, and you're trying for a negative split, wait to pick up the pace until you're past it. If your race has lots of downhills, especially in the first half, pace them as you would on a flat surface, so you don't brutalise your quads.

LAKES/SEAFRONT

Strong winds can blow in off bodies of water. If gusts hit, run at an even effort – a little faster with a tailwind, a little slower with a headwind.

BUILDINGS

They can disrupt your GPS. Don't fret if your watch clocks a 4:30 mile, says Ted Metellus, director of course operations with Rock 'n' Roll races. Rely on 'feel' until your GPS is back on track.

TIGHT TURNS

These can be tricky at pace. As you near the curve, slow down slightly to maintain control, says Metellus. Run the tightest line you can, hugging the inside of the curve. Then accelerate as you move out of it.

THE FINAL STRETCH

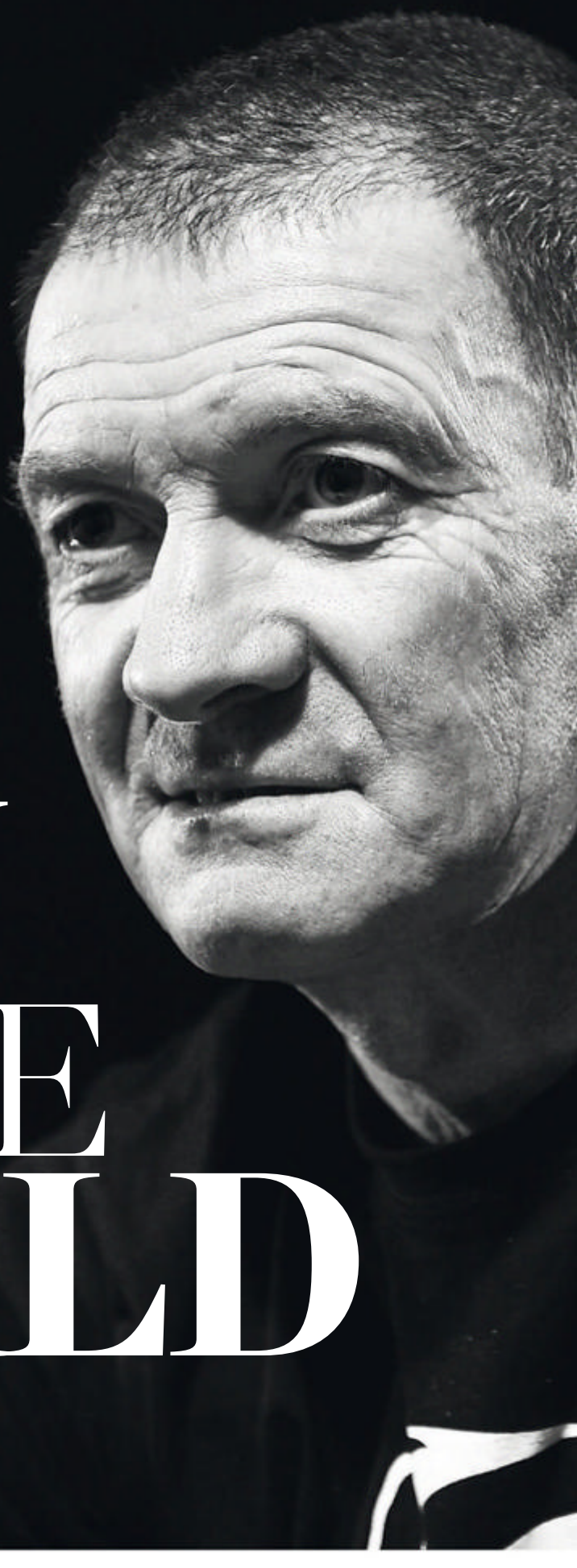
Find a landmark that you'll see as you approach the finish so you'll know when to kick for the line.

FINISH CHUTE

At big races you may be required to walk a while to exit the finish chute. Find out if this is the case at yours, so you'll be prepared.

MEETING AREA

Check whether there's a designated family and friends meeting area. If not, find and agree in advance an easy-to-find, easy-to-access spot near the finish to rendezvous. 

A black and white close-up portrait of Tony Mangan, a middle-aged man with short hair, looking slightly to the left with a thoughtful expression. The background is dark.

In 2010 Tony Mangan set off on a run.
Four years and 50,000km later he
stopped, having run around the world

MAN OF THE WORLD

TONY MANGAN

had a dream. Not a casual, 'I wish I could...'/one

day I might...' sort of dream, but one so all-consuming he describes it as an 'insatiable monster' that ate away at him for over 20 years. That dream was to run around the world. And on October 25, 2010, having been made redundant from his construction job, Tony, then 53, seized his moment and set off from his hometown of Dublin to do just that.

His starting point was the finish line of the city's marathon. 'Running the marathon was my warm-up,' he jokes. 'I didn't count the mileage towards my world-run distance, I did it because I wanted to start and finish at exactly the same point – the marathon finish line.' So, just as thousands of other runners were pressing 'stop' on their watches, Tony was pressing 'start', embarking on a journey that was to span four years, 50,000km, 41 countries and five continents.

His 'World Run' complies with guidelines set by the World Runners' Association (WRA) and has since been verified as the longest ever achieved (well exceeding the minimum required distance of 26,000km). Tony has also been recognised by the WRA as the oldest person to run around the world.

So what drove him to attempt such a feat? 'I love travelling and making connections with people and I've found slow methods of travel to be the best possible way,' he explains. 'It's a wondrous position to be in when a country gently unfolds before you and its people look at you with a 'question mark' on their faces.'

Tony's route took in some of the world's most dangerous and least visited places, as well as some of its toughest terrain – from the heights of the Andes to the Australian outback and the desolate Patagonian desert. In Mexico, a special task force accompanied him for 2,000km, while in Myanmar he was given just 28 days to cover 1,425km before he had to leave the country, travelling with a police escort and sleeping in police stations. But on the whole his experience has strengthened his belief in the basic goodness of human nature. 'The people of the world are wonderful,' he says. 'I was overwhelmed by the kindnesses I received.'



> Thinking big

Tony wasn't always a runner. In fact, he preferred two wheels until he was in his 30s. And it was a solo cycling trip around the world in 1978 that left him with a love of self-powered travel. 'I gradually drifted out of cycling and into marathon running and then, when I moved to Colorado for a few years, ultra running,' he says. 'I realised the longer the event, the more competitive I became.'

Even before he set off on his world run, Tony had amassed several impressive running achievements. As well as winning many big races, he broke the distance records for 24 and 48 hours on a treadmill in 2003. He still holds the 48-hour record, having regained it in 2008 with 405km, and in 2007 he set both the new 48-hour indoor and 48-hour track records of 426km and 401km, respectively.

Such feats of endurance helped prepare him not just physically but also mentally for the challenge ahead. 'I relied a lot on the coping strategies I mastered during my competitive days as an ultra runner on my world run,' Tony says. 'I seem to have been blessed with good mental strength.'

However, the sheer logistics of organising and executing the trip presented a huge challenge. Although the idea had been incubating for many

years, Tony only had from July – when he received his redundancy cheque – to October to put everything in place. 'I got in contact with a lot of people who had walked or cycled on transcontinental or world trips, and got tips from travel books and forums,' he says.

He often ran with just the essentials, carrying a small backpack that weighed around 2kg. 'I always kept my logbook on me, and a summer sleeping bag, but no tent,' he says. 'I'd have another kilo's worth of stuff in my pockets.' But many places necessitated running with his jogging stroller, which he called 'Nirvana'. 'In the winter, in the US and Canada,

'I DRIFTED INTO ULTRA RUNNING'



Tony with a slightly smaller globe, Pomodoro's Sphere Within Sphere at Trinity College, Dublin

I carried extra clothing, a tent and a warm sleeping bag in there.'

The constantly varying weather and terrain challenges meant he had to keep devising new methods of transporting his belongings. 'In South America I used a 'heavy bag' system. I had a 20kg sports bag, which I sent ahead on buses – usually around 1,000km – and it would be kept in the baggage area of the bus company. They would hold it for a month and I'd change my equipment as necessary for the next 1,000km, then send it on ahead again. I had my next pair of shoes, spare socks, sunscreen, a backup of my photos and a spare ATM card in there. That way, if I was mugged, I had a copy of my photos and was only a bus ride away from an ATM card.'

Getting new running shoes was a perpetual problem. 'I had to find an address to get them delivered to, and often used sites like Couch Surfers, which lists people who will host travellers in their home,' Tony explains. 'But, understandably, many people weren't keen on having a package delivered to

RUNNING THE NUMBERS

50

Pairs of shoes he got through

102

Longest distance (in kilometres) run in 24 hours

41

Countries visited

82

Most kilometres
run in one stretch

1

Number of times
robbed – and arrested

78

Most US dollars spent on a
hotel for a night (in Myanmar)

1,185

Number of marathons
Tony's distance equates to

5

Continents
covered

43.3

Average daily distance
run (in kilometres)

56

Tony's age on
completing the run

6

Deserts
crossed

their address for someone they didn't know. Making one arrangement could require 30 emails!

In New Zealand and Tasmania, Tony left his backpack at petrol stations, with his business card attached, and a request for a driver to deliver the pack 50km further on at another petrol station, a restaurant or their workplace and send a text to tell him where to find it. 'It worked without a hitch,' he says. 'I never left anything valuable in the backpack, so replacing it would have been an inconvenience, rather than a major problem.'

Running economy

Tony managed to save €20,000, including his redundancy cheque, for his trip. He also received some sponsorship (primarily from the North Pole Marathon) and donations from blog followers to cover the odd day on the road or bed for the night. He estimates that the whole trip cost him around €45,000. 'In expensive countries I rarely slept in hotels, and when I did, I haggled. In cheaper countries I stayed in what I called the squalor-dollar hotels.'

Much of the time Tony didn't sleep in paid-for accommodation at all. Mosques in Iran, barns in Canada and 24-hour roadside restaurants in India were some of his resting places. He was also frequently invited to eat and sleep in family homes. 'People were generally incredibly welcoming,' he says. Arriving in a small town in Newfoundland, Tony was stopped by a passing car. In it was the mayor, who'd heard about Tony's quest on the local radio and insisted he come to dine and stay in his home.

Crossing the border from Canada to the US in December, the immigration officers didn't know what to make of Tony and his quest. 'An hour after I'd passed through, a car stopped me,' he says. 'It was the fiancée of one of the immigration officers, with a Christmas card and 20 dollars.'

Tony had the smart idea of having business cards printed in a host of languages, stating: 'Tony Mangan – four years, 50,000km run around the world.' Handing out the cards helped smooth his

arrival in new places. 'I would run into a village, stop for a snack, wait for the crowds to gather, then hand out my card. 'If I needed a bed for the night, I'd make a 'sleeping' gesture and show some money. I paid my way in poorer communities. In Indonesia and Peru I often stayed in people's homes in exchange for a few euros. Everyone was happy – it would be the equivalent of two days' pay for them and I got to meet wonderful people. Sharing a domestic experience was the ultimate travel thrill for me.'

Tough times

Unsurprisingly, as the trip went on, seemingly trivial things began to take their toll, such as poor phone signals (which made planning difficult) and having to fork out for overpriced internet access in restaurants and hostels. 'I suffered as much with mental fatigue as I did physical fatigue,' he says.

In Bolivia and Peru, for example, it was hard to get fresh water, so he washed down his mostly cold meals with Sprite. 'The poverty is such that everything is cooked on stick fires or gas in the evening and gets a token reheat during the day,' he explains. 'It was frustrating to have cold soup that would have been delicious warm. Hot food is also important for nutrition and to avoid illness.'

While the physically toughest part of the trip was crossing the Andes, where Tony spent many days running at altitudes of over 4,500m, the road verges of India proved the most stressful. 'I had to literally throw myself into muddy ditches sometimes because the drivers would give me no space,' he says.

One of Tony's lowest points came when his mother, Sheila, was diagnosed with cancer. 'I heard about it the day the London Olympics started,' he remembers. 'The prognosis was two years, and I had two years and three months left to go. But she told me I had to finish, as she would be heartbroken if I shortened the route.'

Given how much thinking you can get done on a long Sunday run, you can't help wondering just what Tony thought about on all those solitary miles. 'I did a lot of

WORLDINMOTION Around the world in 17 anecdotes

 **US (Maine)** Tony ran during the coldest winter on record, facing -30C with wind chill.



 **IRELAND** (Dublin) 'The last 50m were special because I ran them with my mam [far left].'



 **MEXICO** Tony endured 50C heat here. He became dehydrated and wound up on a drip in hospital.

 **PERU** (Andes) Tony hit the trip's highest altitude of 4,985m in the Peruvian Andes.



 **PANAMA** The only time Tony was robbed in four years.



 **ECUADOR** Tony crossed the equator here, heading south. He crossed it again in Indonesia, heading north.



TO FIJI

 **PERU** (Huachinga) 'My best bed for the night! I ran into a village where nobody had seen a foreigner before. A lady was sweeping outside her house and when I stopped for directions, she said I could sleep there. She boiled water on an outside stick fire. I took out bread and coffee sachets and we had a nice talk. I slept on the floor.'

 **ARGENTINA** (Ushuaia) This is the southernmost town in the world. 'I got there by running through the fiercely windy Patagonian desert. I had to run around the clock, picking the calmest hours, and was often slowed to 3km/hour pushing Nirvana.'

 **IRAN** Tony was arrested in the desert for taking photos.

 **INDIA** 'Almost every moment on India's roads was scary,' says Tony. 'Once, a motorcyclist cut me off as I was crossing a junction, coming within six inches of me.'



reflecting,' he says. 'On my life in general, as well as on what had happened in the few days before. But I also lived in the moment – it was like watching my very own 360-degree National Geographic Channel. And, of course, I talked to lots of people. Plus I had a 160gb iPod full of music and got through it all several times.'

Finishing kick

Tony arrived back in Dublin Port on September 13, 2014 for the start of a six-week circumnavigation of Ireland that would culminate on the Dublin Marathon finish line. His mother, brother and sister and their families were there to greet him, along with friends and supporters. 'It was incredibly emotional,' he says. 'There were lots of tears. Mam had had 24 chemotherapy sessions by that point and we feared she may not survive the next six weeks.' During his 1,000-mile 'lap' of Ireland, many runners came out to join him, telling him how much he had inspired them. 'I have always thought words like 'inspire' and 'motivate' are used too loosely, but am truly humbled to have played a part in helping people,' he says. Others confided how running had helped save them from their own problems, like alcoholism and depression.

Despite it being a moment Tony had dreamed about for more than 20 years, he admits that the final miles were, in many ways, anticlimactic. 'It was surreal,' he says. 'I was finally exorcising my monster.' His last footstep on the marathon line was calculated to be exactly 50,000km. 'Not a metre more,' he says. 'As a friend said to me, that would just be showing off!'

The physical recovery is taking some time. A physiotherapist commented that he could not understand how Tony was still standing after what he'd put his body through. 'If I was a horse, I'd have been shot by now – several times!' he jokes.

Tony's mother saw him achieve his dream, but, sadly, she passed away a few months later. He marked the occasion by running the North Pole Marathon. 'My mam was buried the day before we flew out, and my run was dedicated to her – the strongest woman I've ever known,' he says.

He is taking a break from running now, still having regular physiotherapy and walking with a slight limp. He's also writing a book about his experiences and doing talks and motivational speaking. In January, Ireland's *Outsider* magazine named him its Person of the Year 2014 in recognition of his achievement.

Now that it's all over, has he finally found peace? 'I guess I'm more content now,' he says. 'But I miss life on the road in some ways. It's been hard to adjust back to a normal life.' Any regrets? 'Absolutely not. You have to live your dreams before they become demons.' 

BULGARIA

While he was camping, Tony was questioned by drunken border patrol cops.



TURKEY Tony was given permission to run across the non-pedestrian Bosphorus Bridge, which separates Asia and Europe.



CZECH REPUBLIC

(Brno) Tony returned to the track where he set his world 48-hour indoor track record.

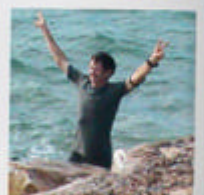


MYANMAR

'I played *Walk On*, the banned U2 song dedicated to Aung Sang Suu Kyi, to the police who escorted me. They didn't know what it was about!'



THAILAND (Bangkok) 'The police chief was a runner and took the day off to run into Bangkok with me. I got lots of great support from running clubs in Thailand.'



AUSTRALIA

(Darwin) Tony set a new record for running south to north through Australia (nine and a half weeks), finishing here. Adding Tasmania, his total time to cover Australia was 11 weeks, another record.



ALICE SPRINGS

'I spent my 56th birthday in Alice Springs. I had to run an average of 68km per day for three weeks to get there. I was a guest of the Alice Springs running club, who greeted me with an entry to their 6km handicap race – I finished second!'

FROM
ARGENTINA





HOT PURSUIT

Running doesn't have to become a suffer-fest as the mercury rises. Here's how to prepare for runs in the sun

However many bad-conditions-will-make-you-stronger quotes we collect, there's still one aspect of weather that most of us runners do our best to dodge: heat. Encouraged by the health warnings every time the mercury climbs, many of us do everything we can to avoid it: running at dawn or in the late evening, or seeking shelter on treadmills in air-conditioned gyms. But it's possible to run well in the heat. In the 1996 Atlanta Olympics, Portuguese distance star Maria Fernanda Moreira Ribeiro set an Olympic 10,000m record in hot, humid conditions of 82F, with 60 per cent humidity. The human body is actually remarkably adaptable to

heat. In fact, says Lawrence Armstrong, a heat researcher at the University of Connecticut, US, its ability to adapt to high temperatures is faster and more dramatic than its ability to adjust to any other environmental stress that nature can throw at us, such as altitude or cold.

In research published in *Comprehensive Physiology*, Daniel Lieberman, the renowned Harvard evolutionary biologist and author of *The Story of The Human Body* (£6.99, Vintage Books) suggests that our heat tolerance probably results from the fact that our ancestors evolved to hunt and forage on the African savannah at midday, when they were relatively safe from less heat-tolerant predators. Wherever we may live now, he suggests, we still largely retain these ancient heat-tolerance genes. 'Heat is a paradox,' says Lieberman. 'On the one hand, we evolved to run in heat. But on the other, if you are not well adapted, heat can be mighty dangerous.' Here's your complete guide to what to expect as the mercury rises – and how to handle it.





60-
69°F

These are temperatures at which most of us start to view conditions as less than perfect. The Run SMART Project calculator by Jack Daniels, author of *Daniels' Running Formula* (£13.48 Human Kinetics), calculates that at 69F, a 45-min 10K runner will be 41 seconds slower.

For marathoners, Ely's study found a one- to four-minute slowdown for top-level elites and three-hour men.

Your body adapts quickly when you start training in the heat. Within a week, says Armstrong, your blood plasma volume starts expanding. That may increase your weight by a pound or two, but it gives you more fluid to sweat away without leading to dehydration. It also makes it easier for your body to supply blood to the skin without overly reducing flow to the muscles.

You start to sweat earlier in your run, as your body learns to anticipate the buildup in core temperature. You also sweat more and your sweat becomes less salty, as the body conserves sodium. And your heart rate slows down slightly, allowing the heart to fill more between beats, so it has more blood to pump out. 'That's stroke volume,' says Armstrong. 'With each beat, you're pushing more blood to exercising muscles, and to cool the body.'

Even your perception of hot-weather running effort changes, says Armstrong. Brett Ely, Matthew's wife, was a heat researcher for the US Army, looking at how to train soldiers for conditions in Iraq. She found it could be done in 10 days. 'Start gradually,' she says, 'rather than overheating yourself. Ease into it.'

STAND THE HEAT

1

Even when it's cool enough that you're barely sweating, your muscles get less oxygen, so they're less efficient.

2

Instead of avoiding heat, adapt to it. Your system will become more efficient as it learns to anticipate the rise in core temperature.

3

When heat and humidity rise, slow down. Your performance will often be better if you remain conservative.

4

If you're preparing for warm race-day temperatures, ease off two days before the race so you don't stress your body.

5

Hydrate wisely. Use electrolyte supplements if needed. Train to consume more liquids to build resistance to dehydration.

Most of us don't think of this as hot, but the longer the run, the more the heat will affect you. In research published in *Medicine & Science in Sports & Exercise*, a team led by exercise physiologist Matthew Ely studied decades of elite and sub-elite marathon performances at varying temperatures. What they found was surprising: even at temperatures of 50-59F there was a drop in performance of one to two minutes for a 2:10 marathoner, depending on whether the race was at the top or bottom end of the temperature range. For three-hour males, the

slowdown was four to eight minutes. (Slower runners weren't studied.)

Physiologically, running in heat produces a cascade of reactions that begin with the fact that our muscles aren't actually all that efficient.

In fact, says Yannick Molgat-Seon, who spent over two years at the Thermal Ergonomics Laboratory at the University of Ottawa, Canada, 80 per cent of the energy generated by our muscles ends up as heat. In cold weather, that inefficiency is what keeps us warm. But during exercise, the body has to get rid of it. One way is by sweating. 'Less obvious is promoting blood flow to the skin,' says Molgat-Seon. That's important because it's what carries excess heat from your muscles to the skin, where it can be lost to the environment.

But the body only has so much blood. 'You have a competition between blood going to the skin and blood to the active muscles,' says Molgat-Seon. 'In that battle, the muscles always lose.' So even when you're barely sweating, your muscles are getting less oxygen and therefore are less efficient.

50-
59F

70-
79F

At these temperatures, Matthew Ely's elite marathoners slowed down by three minutes, with the sub-elites losing up to 20 minutes. However, not all runners are affected equally: Ely's data crunching revealed conclusively that women fare better in heat than men. The most likely

explanation for this is that women, being smaller than men, have a higher surface-to-mass ratio, which allows them to get rid of heat more efficiently.

It's not just women who benefit from being petite, however. In the men's marathon at the Atlanta Olympics (which was run at a starting temperature of 74F, with 90 per cent relative



80-89F

90F+

BEAT THE HEAT ■

Not a problem we often have in the UK, of course, but you may face these fierce conditions while training on holiday or running a foreign race. And it's no surprise that the hotter it is, the harder it is. When American elite Kara Goucher was preparing for the 10,000m World Championships in 2007, she knew that

Japanese summers are notorious for hot, humid conditions. Race day in Osaka was no exception. '[It] was humid and stifling,' she says, remembering a temperature of 88F, with high humidity.

But she'd trained carefully for the event, doing summer track workouts in tights and long sleeves, as well as easier runs in 'sauna suits – jacket and pants that were basically like rubber'. She went to Japan two weeks before the race. 'By race day, I knew I could handle it,' she says. She took the bronze medal.

The key to running in extreme conditions, says Greg Pressler, a veteran of the brutal Badwater 135 – an ultra run in the searing temperatures of Death Valley, California – is thinking about everything that might affect your performance, whether it's monitoring pace or your choice of clothing. Stints in a sauna can also help with preparation.

It's also useful to work on hydration, even for shorter races. Use electrolyte tablets (SiS GO Hydro, £5.99 for 20), while also ensuring maximum hydration. Taking such steps will pay off with larger blood volume and greater resistance to dehydration.

You can also train yourself to drink more liquids. You won't be able to exceed one litre per hour, but most people aren't used to consuming even that much, says Pressler, which means that when you're training for hot conditions, it's quite easy to become dehydrated. However, remember that when increasing your fluid intake, it's important to take electrolyte supplements so you don't create dangerous imbalances.

The keys to not only surviving a hot race, but also doing well, boil down to 'hydration, practising the conditions, and getting there early,' says Goucher. 

There comes a point when additional sweating doesn't do you any good. 'When you're dripping sweat, there's lost water as opposed to lost heat,' says Molgat-Seon. You also begin to run into the limits of not only your body, but of physics: there are conditions in which no matter how efficiently you sweat, it won't evaporate fast enough to keep pace with the rate at which you are generating heat. Your only alternative is to slow down.

'When air temperature exceeds 80F and the humidity exceeds

70 per cent, performance drops markedly,' says Armstrong. Training your body to do its best under these conditions requires dedication. If you have a race coming up in which you anticipate hot, humid conditions, training for that environment will make a difference. But just as you taper off your training volume before important races, you should also back off any heat training in the day or two before the race, trusting that the adaptations have already taken place and what you now need to do is make sure your body is not overstressed on the start line.

humidity), the winner, South African Josia Thugwane, weighed just over 7st. The silver medallist, South Korean Lee Bong-ju, weighed a shade under 9st.

And the correlation between heat and body size doesn't only affect marathoners. In laboratory experiments conducted shortly before the 2004 Athens Olympics, exercise physiologist Tim Noakes,

author of *Lore of Running* (Human Kinetics), found that when the room temperature was ramped up to 95F, smaller men ran an average 45 seconds per mile faster than larger men in an 8km treadmill time trial. In cool temperatures the two groups performed about equally. The principle also applies at less extreme temperatures.

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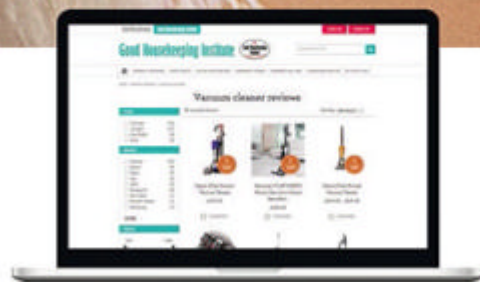
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| coach |

REACH YOUR PERSONAL BEST

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Half crown

How to train for your first 13.1-miler, or your best

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Feeding time

When it comes to post-run meals, one size doesn't fit all

p81

Mid strength

Build your core with these four moves

p82

Big finish

Jo Pavey on how to improve your kick to the line

THIS MONTH'S EXPERT PANEL



ALEX HUTCHINSON

The former runner for Canada is now an author on exercise science. **p73**



JO PAVEY

The European 10,000m champ has competed at four Olympics. **p82**



PAUL HOBROUGH

The former GB athlete is owner of Physio&Therapy UK. **p83**



SAGE ROUNTREE

Sage is the author of *The Runner's Guide To Yoga* (Velopress). **p81**



ANDREW KASTOR

Head coach of the Mammoth Track Club in California. **p76**



BUDD COATES

A four-time qualifier for the US Marathon Olympic Trials. **p74**



HALF
MARATHON
SPECIAL

HOW

A half marathon is a wonderful

TO

distance: a great challenge for new

RUN

runners and an ideal test for veterans

THE

looking to improve. Here's how to get

HALF

the most from your 13.1 miles



UPGRADE YOUR TRAINING

KNOW THE PURPOSE OF EACH WORKOUT

'Make the hard runs hard and the recovery runs easy,' says US elite marathoner Ryan Hall. 'Many runners make the mistake of running too hard on their easy days, which is counterproductive. You'll only tire yourself out for the quality days that really matter.'

UNDERSTAND YOUR BODY

If you are pushing the pace to get faster or adding distance to go further, your body will eventually start telling you things: be a good listener. During training, learn to distinguish 'good pain' (discomfort from leaving your comfort zone) from 'bad pain' (something that verges on injury). 'There is a difference between muscles that burn at the end of a workout and something that hurts every time you take a step,' says sports psychologist Jim Taylor. 'Part of training is learning body awareness. You also need to experience some discomfort so when it occurs in a race, you know you can push through it.'

MANAGE DISCOMFORT

If you want to race fast, you have to not only train your body to get fitter, but also train yourself to endure the discomfort of running hard. Progression workouts ramp up the intensity bit by bit, so that by the end you're enduring a level of discomfort that would have seemed too daunting at the start. A progression run, which may last 20 minutes or two hours, starts at a comfortable pace, and accelerates in regular increments until you're running faster than your tempo or goal race pace.

How At least six weeks into your training schedule, in place of a standard tempo run, try a progression run of six to eight miles, with the last two miles about 10 seconds per mile faster than your half-marathon pace. Choose your starting pace based on getting 15 seconds faster every mile for the first four to six miles, then hanging on for the last two. For example, if your half-marathon pace is 8:00min/mile, start an eight-mile run at 9:20min/mile and finish at 7:50.

WORK ON SPEED

Sprints or short, fast intervals don't make a half-marathoner, but when they're added to the conventional elements of endurance training, they can build strength and develop good form – which can pay off over 13.1 miles. 'Explore the very short end of the spectrum with sprints as short as 50m in addition to longer reps,' says Alex Hutchinson, RW columnist and author of *Which Comes First, Cardio or Weights* (Harper). 'It might just give you the edge you've been looking for.'

Why When you speed up, your body adjusts to move more efficiently: you'll push off more powerfully with each stride, and reduce up-and-down and side-to-side oscillation. With practice, these habits will become ingrained even at slower paces.

How Once or twice a week after an easy run, do five 100m strides on a flat, smooth surface. Alternate between steady 90 per cent efforts and accelerations that start a little easier but finish a little harder. Focus on keeping your arms and face relaxed. Walk back to recover; you shouldn't be out of breath when you begin the next one.

A 13.1-mile event is ideal for any runner looking for the next big breakthrough. It's a true test of fitness, endurance and speed, long enough to require proper planning, focus and determination, but not so long that you have to sacrifice your toenails or too much family time. 'It's a challenge to run a half, but it doesn't consume your energy the way a marathon does,' says *Runner's World* Chief Running Officer Bart Yasso. The following rules of the (13.1-mile) road and our expertly designed training schedule will help you run your best half marathon, whether you're a first-timer or seasoned runner looking to improve your performance.

Words **Andy Dixon** Photography **Getty**



RACE TACTICS

WARM UP - PROPERLY

Warming up prepares both body and mind for the task to come. It increases your heart rate, body temperature and blood flow. Blood transports oxygen to working muscles more efficiently when it is warm, and a warm body can break down and utilise glucose better than one at rest. Also, some fast running can burn off nervous energy and help you focus.

Half marathon warm-up Do some light jogging for 10-15 minutes, then do two to four 200m strides, accelerating slowly until you reach your planned half-marathon race pace. Because the half marathon is fairly long, you won't need to shoot off from the start – ease into your goal pace over the first mile or two.

PACE SENSIBLY

Budd Coates, RW coach and author of *Running on Air* (Rodale), recommends running 10-15 seconds per mile slower than goal pace in the first third of the race, near goal pace in the second third, then slightly faster than goal pace for the final miles. This negative-split approach prevents you going off too fast. Running even splits (each mile or kilometre at roughly the same pace) throughout also works – the key is to avoid running too fast in the early miles, leaving you running on empty in the latter stages.



STRENGTHEN YOUR CORE

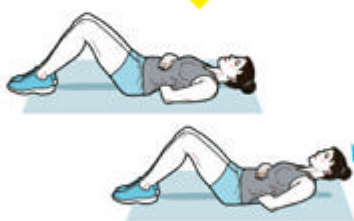
SWISS BALL HAMSTRING CURL



Works Hamstrings, glutes, abs and lower back

Lie on your back, arms extended and feet resting on a Swiss ball. Raise your hips so that they, your back and your legs form a straight line. Then, with your feet on the ball, bend your knees to roll it toward you, then away.

MCGILL CRUNCH



Works Front and lateral abdominals

Lie on your back, knees bent. Place one hand under your lower back and the other on your stomach. Use your lower abs to lift your head and shoulders; the curve in your lower back shouldn't change. Hold for 10 secs, then lower.

SINGLE-LEG GLUTE BRIDGE



Works Glutes, hamstrings, abs and lower back

Lie on your back, knees bent. Straighten your right leg. Pressing through your left heel and with your core braced, raise your hips off the floor until they form a line with your back and the top of your right leg. Lower, then repeat.



PACE YOURSELF

Use this chart to set a reasonable half-marathon goal, based on a recent 5K or 10K time*

5K	10K	HALF
18:00	37:32	1:22:48
20:00	41:42	1:32:00
22:00	45:52	1:41:12
24:00	50:02	1:50:24
26:00	54:12	1:59:36
28:00	58:23	2:08:48
30:00	1:02:33	2:18:00
32:00	1:06:43	2:27:12
34:00	1:10:53	2:36:24
36:00	1:15:03	2:45:36
38:00	1:19:14	2:54:48
40:00	1:23:24	3:04:00

LET THE TERRAIN DICTATE YOUR PACE

If you want to average eight-minute miles, it's OK to run 8:10s up the hills and 7:50s down, rather than expending extra energy forcing yourself to stick to eight minutes the entire way.

PAY ATTENTION TO FORM

To keep your form together, imagine you're running inside a large rectangular box. You can't take too long a stride or swing too wild an arm, or you'll slam right into your imaginary cage. Keep your stride short and quick and your arms close to your sides.

STAY FOCUSED

'Mental lapses are common in the middle of races like the half marathon,' says Scott Douglas, author of *The Little Red Book of Running* (Skyhorse). 'If you're really racing the distance, such as a minute or more faster per mile than your normal training pace, you'll have to concentrate to keep the proper effort going. Otherwise, it's common for your mile splits to start being 10 or 15 seconds slower. Learning how to keep that concentration going – a key benefit of the tempo run – can't be overstated.'

PICTURE A STRONG FINISH

Envisioning the runner you want to be – one who doesn't let up or give in – is one of the most important mental skills you can harness if you want to push your limits, says Dr Grayson Kimball, author of *Grateful Running: Mental Training for the Long Distance Runner* (Lulu.com). 'Negative thinking can be a self-fulfilling prophecy,' he says. 'If you think you're too tired to go on, then you'll probably stop. If you can envision yourself running strong, gliding up hills and sprinting across the finish line, you can boost your self-confidence and use it to power you.'

BREAK IT DOWN

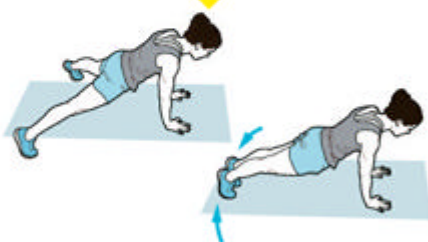
Kimball suggests breaking a race down into chunks, each with individual goals. You could aim to maintain good running posture when climbing a hill, or to have a plan to hydrate quickly at aid stations. Each time you check one off, you feel better about your ability to achieve your goal. 'Achieving success more often keeps you feeling optimistic, which will help you in the later stages of a race,' he says.

REPEAT A MANTRA

Have a go-to phrase you can repeat to help through tough parts of races. But choose carefully, says Kimball. 'A lot of runners fall into the trap of having a negative mantra they think is positive, such as, "Don't crash" or "Don't stop,"' he says. 'That runner is creating a mindset to avoid failure versus a runner who will say something positive like "Power up" or "Move those legs."'

Include 30 minutes of core work in your routine twice a week (on easy or cross-training days). Try the following – do three sets of 10 reps for each move and add more sets as you become stronger

STRAIGHT-ARM PLANK WITH JUMPS



Works Arms, core, inner thighs, glutes and calves

Begin in a high-plank position, arms straight, feet slightly wider than your hips and maintaining a neutral spine. Jump and move your feet into a narrow stance, then jump back.

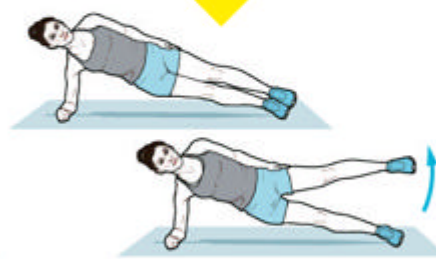
REVERSE LUNGE WITH TWIST



Works Glutes, quads, core, shoulders and calves

Hold a light medicine ball in front of you. Step back with your right leg into a reverse lunge and, at the same time, twist your torso to the left. Rise, return to the centre and switch sides.

SIDE PLANK WITH LEG LIFT



Works Core, glutes, hips, lower back and abductors

From a side-plank position, lift your top leg slowly, leading with your heel. Hold the position for 15-20 seconds, then lower. Focus on keeping your core steady. Repeat on the other side.

*For a more precise prediction, enter your exact 5K or 10K time into our race time-predictor tool at runnersworld.co.uk/predictor



RACE-WEEK CHECKLIST



SET YOUR AUTOPILOT

When exercise researchers studied approaches to training just before a race, they found that runners who cut back their volume but maintained some intensity performed best. 'In the week leading up to a race, I ramp back the total distances of the workouts, but I keep some intervals in there at race pace,' says Janet Hamilton, a coach and exercise physiologist. 'That way, when the gun goes off and everyone else shifts into overdrive, I can lock into the correct pace.'



MIND THE MAP

Knowing the course could prove to be the key to ensure you don't fade late in the race. Hamilton encourages her athletes to study the race map (see p56). Save a few seconds by figuring out which way the course turns first (so you know whether to line up on the left or right at the start). Identify challenging terrain such as hills, and search out flat stretches where you might mount a late surge. 'The more clearly you can visualise the course, the more effective you can be at executing your race plan,' says Hamilton.



SWEAT A LITTLE

'I like my runners to stay fresh the day before the race,' says running coach Mark Bravo. On the morning before, he recommends a short run (20-30 minutes) to shake out the jitters and build confidence. But keep the pace easy, he says. 'When you're done, you should feel refreshed, not tired.'



OVER-PACK YOUR BAG

Make a list of everything you could possibly need on race day – and then be sure you have it with you. That means shoes, socks, clothing for varied weather conditions, gels, sunscreen, sunglasses and whatever else you might dream up. 'If in doubt, throw it in,' says Bravo.



LAY IT OUT

The night before the race, lay out your clothes and gear beside your bed, pin your number onto your top and attach your chip to your shoe. 'It's possible you won't sleep well,' says Hamilton, and you're more likely to forget things when you're groggy and nervous.

THE 13.1 PLAN

This plan was created by Andrew Kastor, head coach of the Mammoth Track Club, an elite US training team. It emphasises race-pace miles (which train the body to be efficient at your target pace) and long runs for endurance. The programme includes four to six days of running a week and is designed for beginners and veterans alike. The weekday workouts are in minutes, for convenience, with the long run in miles to ensure you get enough in your legs. If you've been regularly running 25 miles a week and can cover five miles on your long run, you're ready for this programme.

NEW RUNNERS

Tuesday is a rest day for those of you training for a first half marathon, so ignore the listed workouts. You will get in plenty of faster-paced running by doing strides on Mondays and race-pace miles once a week, says Kastor.

forward with your foot) and aim for a smooth, relaxed upper body. You should reach about 80-90 per cent of your maximum by the end of each stride (you should be breathing hard). Rest for one to two minutes between strides.

EXPERIENCED RUNNERS

If you regularly run 30-plus miles a week, and eight miles for your long run, add two to three miles to each long run. The boost in volume will help you hit a fast target, says Kastor.

GHMP (GOAL HALF-MARATHON PACE)

This is the pace you're aiming to sustain in the race. It should feel 'comfortably hard' (similar to your tempo-running pace). Start and end your Thursday GHMP workouts with 10-20 minutes of easy running.

REST

Do only easy movements, like foam rolling and stretching, or non-impact cross-training, such as yoga and swimming. If you feel tired, it's better to rest completely.

SPEED

These long repeats are ideal for developing speed over distance. Do them on a surface that best mimics race conditions. Start with a warm up of 15-20 minutes, with four strides, and end with a cool-down of 10-20 minutes of easy running.

EASY

Run at a pace that allows you to have a conversation.

STRIDES

These are sprints lasting 15-20 seconds. Strides will help improve your form, inject some speed into your training without making the workout overly taxing, and they will strengthen and prepare muscles and tendons for faster running. To do them, accelerate by quickening your stride rate (rather than reaching

LONG RUNS

These Sunday workouts build endurance. Run them a minute per mile slower than your goal half-marathon pace (GHMP), but finish every other long run at GHMP. These 'simulation runs' train the body to hold your goal pace when the miles get tough.



	MONDAY	TUESDAY (experienced runners only)	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 mins easy + 5 strides	45-55 mins easy	45-55 mins easy or rest	55-56 mins + 5 strides	Rest	40-50 mins easy	3 miles + 3 miles at GHMP (6 miles total)
WEEK 2	30 mins easy + 5 strides	Speed: 3X8 mins at 10K pace, 3 mins' recovery	45-55 mins easy or rest	65-75 mins + 5 strides	Rest	50-60 mins easy	Long run, approx. 9 miles
WEEK 3	30 mins easy + 5 strides	Speed: 6X4 mins at 10K pace, 1:30 recovery	45-55 mins easy or rest	3 miles at GHMP	Rest	60-70 mins easy	8 miles easy
WEEK 4 Recovery week	30 mins easy + 5 strides	45-55 mins easy	Rest day	45-55 mins easy	Rest	30 mins easy	6 miles + 4 miles at GHMP (10 miles total)
WEEK 5	30 mins easy + 5 strides	Speed: 4X8 mins at 10K pace, 3 mins' recovery	45-55 mins easy or rest	4 miles at GHMP	Rest	40-50 mins easy	10 miles easy
WEEK 6	30 mins easy + 5 strides	Speed: 6-8X4 mins at 10K pace, 1:30 recovery	45-55 mins easy or rest	65-75 mins easy	Rest	65-75 mins easy	6 miles + 5 miles at GHMP (11 miles total)
WEEK 7	30 mins easy + 5 strides	Speed: 4-5X8 mins at 10K pace, 3 mins' recovery	45-55 mins easy or rest	5 miles at GHMP	Rest	60-70 mins easy	12 miles easy
WEEK 8 Recovery week	30 mins easy + 5 strides	45-55 mins easy	Rest	45-55 mins easy	Rest	40 mins easy	6 miles + 6 miles at GHMP (12 miles total)
WEEK 9	30 mins easy + 5 strides	Speed: 6-8X4 mins at 10K pace, 1:30 recovery	45-55 mins easy or rest	5 miles at GHMP	Rest	40-50 mins easy	13 miles easy
WEEK 10	30 mins easy + 5 strides	Speed: 3X10 mins at 10K pace, 3 mins' recovery	45-55 mins easy or rest	65-75 minutes easy	Rest	65-75 minutes easy	8 miles + 5 miles at GHMP (13 miles total)
WEEK 11	30 mins easy + 5 strides	Speed: 4-5X8 mins at 10K pace, 3 mins' recovery	Speed: 4-5X8 mins at 10K pace, 3 mins' recovery	3 miles at GHMP	Rest	40-50 mins easy	6 miles easy
WEEK 12 Taper week	30 mins easy + 5 strides	4X4 mins at 10K pace, 1:30 recovery	Rest	20 mins easy + 5 strides	Rest	20 mins easy	RACE DAY!

STRENGTH IN NUMBERS

Shake up your race calendar with a touch of adventure running this year by taking on *Men's Health Survival of The Fittest*, the UK's premier obstacle race series

Fancy a break from the solo PB chase? Want to add another dimension to your running training? Then round up your friends, work colleagues and running buddies and take on Survival of the Fittest, the UK's longest-established obstacle course race (OCR).

Now in its 10th year, 'Survival' will tour five major UK cities this autumn, offering a feast of obstacles across an exhilarating urban 10K course. And for the truly courageous there

are half-marathon distances at the Nottingham and Manchester venues.

Enter 'Survival' solo or form a team; the choice is yours, but right now we're rewarding team entries with some fantastic discounts – more is definitely merrier! So round up the troops and prepare to face battle. The bigger the group, the bigger the savings on entry fees – so choose your soldiers wisely and start planning how many post-race beers those savings will stretch to.

Big Teams = Big Discounts

Less is more, goes the saying, but here at 'Survival' more is most definitely less. The bigger your team, the less you'll spend.

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£5 discount per person

Team of 10+

£10 discount per person

Sign your group up at mhsurvival.co.uk



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 **SIGN UP NOW AND SAVE BIG! MHSURVIVAL.CO.UK**

You ran for  minutes to 1 hour

AND IT'S TIME FOR A SNACK

Eat 150-200 calories (1)

- 1 slice wholewheat toast
- 2 tsp almond butter
- 1 tbsp chopped dried apricots

Total prep time 5 minutes

The toast and apricots provide carbs for your muscles and help meet your daily fibre quota. That, in turn, helps cut markers of inflammation throughout the body, including C-reactive protein levels, which have been linked to heart disease and diabetes.

Or try Edamame beans with a sprinkling of chilli powder and sea salt.



OR IT'S TIME FOR A MEAL

Eat 400-700 calories (3)

- 175g grilled salmon fillet
- 130g wholewheat couscous
- 200g steamed broccoli drizzled with olive oil

Total prep time 15 minutes

Wholewheat couscous is a quick-cooking pasta alternative and contains iron, which helps your body produce blood cells. Salmon is high in omega-3 fatty acids, which aid rapid recovery. Broccoli helps replenish potassium, an important electrolyte.

Or try Veggie omelette with wholegrain toast.



GET TUCK IN

How you refuel depends on how long you were running

1



2



3



4

You ran for  minutes or more

AND IT'S TIME FOR A SNACK

Eat About 250 calories (2)

A smoothie made with:

- 100g strawberries
- Large handful kale leaves
- 150g Greek yoghurt
- ½ banana
- ½ tbsp nut butter
- 1 tbsp chia seeds

Total prep time 5 minutes

Kale's anti-inflammatories soothe tired muscles, Greek yoghurt is high in protein, and the fat in nut butter improves nutrient absorption.

Or try Wholewheat English muffin with ½ avocado and tomato slices.



OR IT'S TIME FOR A MEAL

Eat 500-800 calories (4)

- 180g grilled steak
- 1 microwaved sweet potato
- 1 tsp butter
- 300g steamed spinach leaves

Total prep time 15 minutes

Beef is high in iron, which helps fend off fatigue. Sweet potatoes refuel muscles and support your immune system. Spinach contains folate, calcium, magnesium, fibre and vitamins, all of which you need in greater amounts as your mileage climbs.

Or try Prawn, veggie and brown rice stir-fry.



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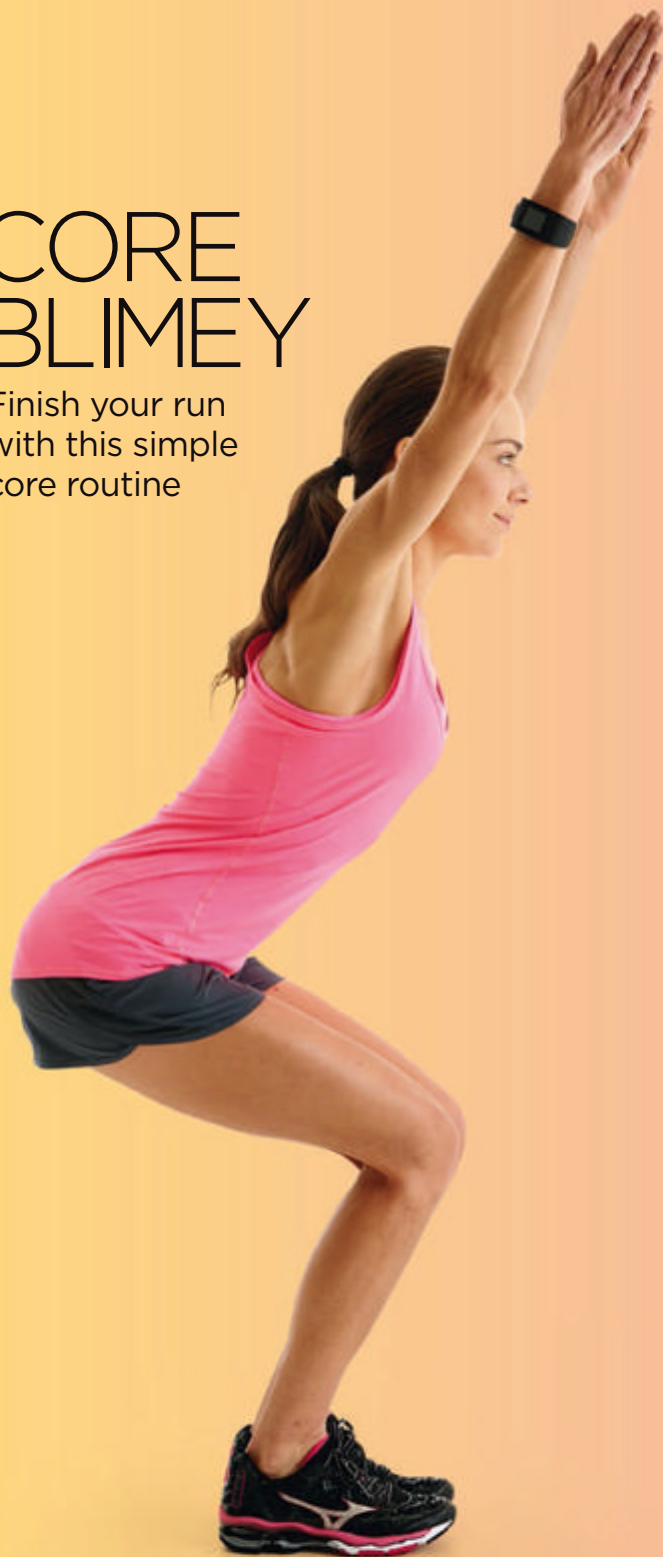
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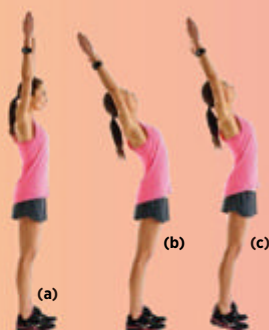
CORE BLIMEY

Finish your run with this simple core routine



You know you're supposed to work your core. Strong abdominal, back, hip and glute muscles generate power and guard against injuries. But it can be easy to skip planks after a run. The solution? Tack your core work onto the end of your run, before you're distracted by recovery food. This yoga-inspired routine from Sage Rountree, yoga instructor, triathlon coach and author of *The Runner's Guide To Yoga* (£15, VeloPress), improves posture, boosts balance and works the entire core – no mat required. Start with five reps of each move; build to 10 or 15.

COACH / BODY+MIND



STANDING CRUNCH

WHY Works the transversus abdominis (deep core muscles) and the rectus abdominis (also known as your 'six-pack' muscles).

HOW Stand tall. Inhale, lift your arms overhead (a), and arch into a slight back bend (b). Exhale and use your abs to straighten up again, aligning your shoulders over your hips.

MAKE IT HARDER Do the movement while standing on your tiptoes (c).

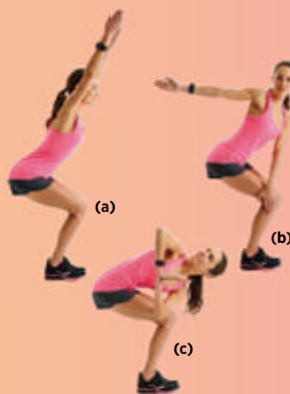


SQUAT WITH LEG RAISE

WHY Works the transversus abdominis, obliques, glutes, hip flexors and hamstrings.

HOW Stand tall, knees and toes angled out. Inhale and lift your arms; exhale and squat down (a). Inhale and shift your weight to your left foot while lifting your right leg (b). Exhale, return to the squat, then lift your left leg.

MAKE IT HARDER Lift your raised leg higher than (b); lower it.



SQUAT WITH TWIST

WHY Works inner and outer obliques, hips and glutes.

HOW Stand tall. Inhale, bend your knees and squat down. Push your behind out and raise your hands overhead (a). Now exhale and twist to the right, extending your right arm out to the side (b). Inhale, return to centre, then exhale and twist to the left.

MAKE IT HARDER Squat deeper and bring your elbow across the opposite knee (c).



ONE-LEG BALANCE

WHY Works the transversus abdominis, spinal erectors, hip flexors and glutes.

HOW Stand tall. Inhale and lift your right knee. Exhale and straighten your right leg (a). Inhale, and swing your right leg back. Exhale, raise your arms and lean forward as you lift your leg (b).

MAKE IT HARDER Hinge forward, lifting your right leg up higher so your right leg and torso form a straight line (c).



Q What can I do to improve my finishing 'kick' from the 800m to a 5K?

There are many aspects to consider. The first is to have the fitness to be fresh enough to use a kick. I've seen athletes spend hours on short sprints only to be in no position to use their ability in the closing stages of a race. So keep doing long intervals and speed-endurance sessions. Short sprints can be added at the end of interval sessions after a longer recovery. To work on the change of pace needed to kick, try adding differential workouts to your schedule (see right). The length of the interval and the point at which you change pace can be varied – favour longer intervals if you're targeting 5K, shorter intervals for 800m. Hill sessions are also good for improving your muscular power.

Drills that improve running form are useful, because it's tough to kick if you tense up at the end of a race. Strength and conditioning can boost your kick, too. Plyometric work is best, but build up slowly, as it can increase injury risk.

Email your training, racing and running queries to rwedit@runnersworld.co.uk with the subject 'Elite Advice'.*

WORKOUT DIFFERENTIAL SESSION

2 x 800m.
2 mins' recovery
between each



5 mins' recovery



1 x 600m,
pick up pace with
300m to go



2½ mins' recovery



1 x 600m,
pick up pace with
200m to go



2½ mins' recovery



1 x 400m,
pick up pace with
200m to go



2 mins' recovery



1 x 400m,
pick up pace with
100m to go



3 mins' recovery



2 x 200m,
pick up pace with
100m to go



Q Which breathing method is best for runners?

Don't worry too much about how you breathe – I prefer a natural breathing rhythm, without conscious thought. Thinking about technique may be offputting for some runners, but try diaphragmatic breathing ('belly breathing'). It encourages you to use the diaphragm optimally, getting air deeper into the lungs. To practise, lie on your back with your knees slightly bent, and place your fingers below your ribcage. As you inhale you'll feel your belly rise beneath your fingers. Good form and posture (staying tall) are also important for efficient breathing.

Photography Getty *Please note: Jo Pavey is unable to respond directly to emails

KICK AND RUSH
The right training will
give you a strong finish



ASK THE PHYSIO

WITH PAUL HOBROUGH

STAND AND DELIVER

Your stance can indicate
if your running form is
not what it should be

THE ISSUE: SPLAYED FEET

The foot can sit naturally in a degree of external rotation – when the toes of each foot are further apart than the heels. But it can go too far, causing form issues. If the piriformis – the small glute muscle deep in your buttocks – is too tight it can cause you to turn the foot outward. The muscle is partly responsible for external rotation of the hip, so if yours is tight it will sit in a rotated position at rest.

The big toe can also become stiff and misshapen through bunion growth and this can lead to a loss of flexibility. By rotating the foot outward, there is less dorsiflexion (upward bend) of the big toe as your foot rolls onto its medial (inside)

edge during the gait cycle, and this means that you come to rely on an overpronated stance for push-off. A foot that points forward will toe-off from a flexed big toe.

HOW IT AFFECTS YOUR FORM

Your foot will overpronate, your arches will start to lose height, your shinbone is more stressed and your knee will lose alignment. Your hip bursa will start to feel sore as your iliotibial band causes friction at its origin and down the side of the knee. You lose efficiency because your biomechanics are being used more to maintain alignment than to propel you forwards. Over time it can lead to injuries such as plantar fasciitis, shin splints, runner's knee, hip bursitis, hamstring tendinopathy and lower back pain.

THE TESTS

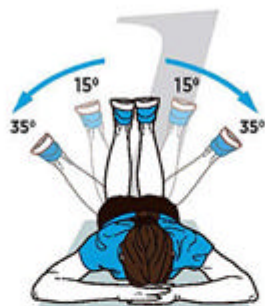
Sit on the floor barefoot, legs outstretched, and take a look at your foot position and the position of your big toe when relaxed. If your foot falls a long way out to the side and your big toe is more prominent at the knuckle, then tapers above as if squashed inside a pointed shoe, you may have this issue. Stand up and look forward. March on the spot for a few seconds and then stop. What position do your feet come to rest in? If it's ten to two (on an imaginary clock face where directly forward is 12 o'clock) or wider you may need to consider remedial action. See below left **(1)** for a test that will further indicate if you have an issue you need to address.

RECOMMENDED MOVES

If you have a stiff big-toe joint, you can try pushing it up against a wall with your foot flat on the floor. To work the piriformis, lie face-down on the floor and stretch the muscle the same way you tested it (in **1**), allowing your feet to drop out to the side. Or see below **(2)** for a more intense piriformis stretch.

Q Should I run the day before my race?

I feel more ready to race if I run the day before, but see what works for you. You won't get fitter, as your body won't have time to adapt, but a run will help maintain neuromuscular firing. Unlike aerobic fitness, optimal neuromuscular coordination can be lost relatively quickly through lack of activity, so it's good to keep your muscles fired up. Running also encourages good blood flow to the muscles to aid recovery during your taper, and it relieves any travel stiffness. Don't overdo it – a jog of 15-20 mins and around 4-5 easy strides should suffice.



The test Lie on your stomach in front of a mirror. Bend your knees to 90 degrees and let your feet fall out to the sides. See if your feet fall the same distance on each side or if they reach at least 35 degrees from the vertical.

I see a lot of runners who only manage about 15 degrees on their problem leg.



The move Lie on your back and place your left foot on top of your right knee. Reach both hands behind your hamstring to pull your right thigh toward your chest, with the other ankle still crossed over it. You should feel a pull deep in your left buttock. Hold the position for 20-30 seconds and then switch to other side.

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Steal hard-won training advice from trail elites Emelie Forsberg, Kilian Jornet and Olympian Alastair Brownlee (top right)

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GEAR

Patagonia Nine Trails Pack 15L

£65, patagonia.com

► Good bits

Versatility. When you just need a few bits it feels like a small running vest; when you load it up it develops a Tardis-like quality (it feels more like a full daypack); there's even room for a hydration pack. Storage options are well considered – there's a small zippered pocket inside for keys/cash/cards and an easy-access zip pocket on the front left strap that's perfect for your phone.

We liked the wide, comfortable and breathable mesh straps, and the material on the body of the pack doesn't sponge up sweat, as happens with some packs.

Bad bits While the fit was secure with minimal bounce, we didn't find the cross-strap positioning across the top of the ribs as comfortable as a waist/chest combo. That said, it could work well for female runners.

Best for Long trail runs and run-commuting.



EDITOR'S
RUNNERS
CHOICE

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top and front	8	10	8	8	10	9

WE GOT YOUR PACKS

Finding the right backpack for your running needs isn't easy. RW's testers weigh up the options





Osprey Momentum 30 30L

£85, ospreyeurope.com

▼ **Good bits** This bag is solid and reliable, and it packs in a lot, with plenty of pockets for your kit, laptop, documents, hydration pack and more. There are also handy features such as a stowed high-vis rain cover, a phone pocket, detachable hip belt and a bike-helmet clip. And the mix of padding and ventilation at the back is fantastic.

Bad bits The weight: this bag is extremely well made and reassuringly sturdy, so it's a little heavier than the others on test. Therefore, it's not suited to slight runners or those looking to keep the weight to a minimum. The bag also had a tendency to shift when our tester was going round corners.

Best for Commuting (run or bike; it works well for both).

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top	10	10	8.5	8	7	9



Inov-8 Race Ultra 10 10L

£104.95, ultramarathonrunningstore.com

► **Good bits** There's a lot to like about this bag; it's light and will appeal to ultra runners and those who don't want to carry much. The pack sits high and close on your back, while the shoulder straps wrap high around your torso and under the armpits, so you feel as though you're wearing little more than a harness. Inside there's a separate inner pocket

so you can easily access the important stuff.

Bad bits There are two soft, 500ml drinking pouches that slot into pockets on the side; a good idea in theory but, when full, their positioning means you have to run with your arms out from your body. Plus the pouches get in the way of the side zip pockets.

Best for Travelling light.

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top	6.5	9	9	8	9	8.5



Adidas Running Backpack 20L

£50, adidas.co.uk

► **Good bits** The fit is very good, the straps adjustable and the pack sits nicely high up on the back. Our larger-chested female tester noted that the curved straps and high fastening make it ideal for women runners.

The 20-litre capacity allows for a good amount of clobber and the bottom zip compartment is perfect for storing wet kit.

There's also a high-vis orange rain cover that folds out.

Bad bits Having to remove the rucksack to access pockets can get a bit frustrating (there are none on the chest or waist straps), and the shoulder straps tend to scratch on bare skin, so wear some padding underneath.

Best for Run-commuting and as a race-day kitbag.

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top and bottom	7	8.5	7	7	7	7.5



OMM Phantom 12 12L

£75, ratrace.com

▼ **Good bits** It doesn't matter how loose or tight you wear it, or how much you stuff in, this pack will give you a stable and smooth ride. Elasticated straps across the pack can be tightened around a smaller load or loosened if you're carrying more, the soft mesh on the shoulder straps doesn't rub on the neck and the padded back support is a lovely touch.

Bad bits The accessory pockets on the back of the pack are hard to reach. You can buy attachable pockets and drink-bottle holders but this adds to the cost. Also, we could only get OMM-brand hydration bladders to fit in the pack, so the lack of brand compatibility is an issue.

Best for Long runs when you're training for a marathon.

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top	9	7	9	6	9	8



Raidlight Ultralight Olmo 20 + Front Pack 24L

£129, firstascent.co.uk

▲ **Best Bits** This can take a lot of kit and is very comfortable on the move. The two 750ml water bottles are well designed: they don't move when you're running fast and their positioning on your chest means you can run and drink from them with ease. The front pouch is very useful for food and extra layers and has a small instruction/map holder.

Bad bits The light weight comes at a cost in terms of build quality: the bag isn't very durable if you're a heavy user. Our ultra-running tester found that on the second use some of the zip-pulls fell off and within 100 miles of off-road running, small holes had appeared in the pockets.

Best for Multi-day races and mountain marathons.

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top and front	8	9	8	6.5	6.5	7.5



> Salomon Agile 12 12L

£45.50, salomon.com/uk

► **Good bits** This is well designed, sturdy but flexible and very light, with excellent adjustability. There was minimal bouncing or shift on the back. The zip pocket on the belt for access to a travel card or phone is very handy, and despite the smaller capacity the pack was capacious enough to take our female tester's work clothes and shoes – and a lunch box.

Bad bits Although it is marketed as a unisex pack, some women may find it rubs on the collarbone, as the shoulder straps are too wide for narrower frames. There's also a slight tendency for the straps to slip. The pocket on the waistband would be better if it had a fastening to stop things falling out.

Best for Trail runs.

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top and side	7	8	8.5	8	9	8



Ultimate Performance Thor Waterproof Day Pack 28L

£59.99, ultimate-performance.co.uk

▲ **Good Bits** This waterproof bag is sturdy and light. There are two options for fastening it at the top: a traditional hood system and a roll-top option. The roll-top helps lock possessions in place inside, while putting the hood over the top provides a belt-and-braces solution for weather protection. The chest straps move in four directions, so you

can get the fit you need.

Bad bits The waist straps dig in when the bag is heavy, while the shoulder straps are thin and lack padding. There are no easy-access pockets for small items, owing to the waterproofing, but for the price we'd have expected waterproofed zip pockets.

Best for Short run-commutes (10km and under).

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top	6	7	7	6	7	6.5

Berghaus Hyper 22 22L

£70, berghaus.com

▼ **Good bits** It's light and easy to get on and adjust on the move. There's plenty of storage: as well as the main compartment there are three pockets on the front, two hip-belt pockets, two detachable chest-strap pockets and a zip pocket on top of the lid. The pack is narrow cut and sits quite high on the back, but is stable on the move. The chest straps

are broad, spreading the load well, and one end of the chest cross strap is elasticated to allow some give on the move.

Bad bits The excess on the hip strap was quite long when the strap was pulled to fit. And for run-commuting there are almost too many pockets – it can be difficult to keep up with where you've stored things.

Best for Multi-day races. 

ACCESS	COMFORT	VOLUME	FIT FINE-TUNING	EASE OF USE	WEIGHT	OVERALL
Top and front	8	9	8	7	9	8



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60-SECOND GEAR GUIDE

SUN'S OUT, RUNS OUT

Three sports suncreams for hot-weather running



Neutrogena Ultra Sheer Dry-Touch Sunscreen SPF55

£10.95 for 88ml, amazon.co.uk

As the name suggests, this feels dry on your skin almost as soon as you apply it. It's also waterproof (for up to 90 minutes), sweatproof and oil-free, so you won't feel sticky or greasy.



Ultrasun High Super Sensitive SPF30

£20 for 100ml, uk.spacenk.com

Unscented and non-greasy, this is perfect if you burn easily but don't want to slap on a ton of lotion for protection. A single application will protect your skin all day, and the vitamin E will help fight wrinkles caused by the sun.



Dermalogica Protection 50 Sport SPF 50

£30.20 for 156ml, dermalogica.co.uk

This is so light you'll barely be aware you're wearing any lotion at all, and yet the SPF50 will give you strong protection from the sun. It also contains extracts of almond and safflower oil, which moisturise the skin.

BRAND FOCUS

LADY OF LEISURE

Lija, a women's clothing brand that mixes style with sport



In 1997 Linda Hipp, a clothing designer based in Vancouver, Canada, was a frustrated golfer. 'I could never find anything "cool" to wear on the course,' she says. 'It all catered to an older woman with different needs, but I figured there had to be many younger women like me in search of style-driven sports apparel.' LIJA was born six months later.

The name (pronounced lee-zha) is a play on the way Canadians say 'leisure', and response to the brand has been excellent. Today LIJA covers tennis, yoga and running in nine

international markets (including the UK). 'The company is aimed at women in their mid-20s to late-40s, who want style-driven active apparel that turns heads but also allows them to perform at their best,' says Hipp.

LIJA creates collections each season that follow what's happening on the catwalk. For example, Hipp says this summer's range is about flora, minerals and berries to reflect runway fashions. Prices range from £12 for a headband to £190 for a technical jacket.

Visit lijastyle.com and netaporter.com

ON TEST

A LITTLE LIGHT RELIEF

We try a device that uses light therapy to treat injury

LightStim For Pain £249, currentbody.com

The Basics

This handheld device applies heat to painful or inflamed areas of the body. It can be used for muscle or joint injuries, and on tired muscles or stiffness after tough training sessions. It can even be used to offer temporary relief from the symptoms of arthritis. You simply plug it in, turn it on and press the head of the device to the affected area for between five and 30 minutes, and it can be used as often as needed.

The Technology

It uses LED (light-emitting diode) Light Therapy to heat the tissue. There are 72 LEDs of varying shades of red (denoting different wavelengths), which relax muscles and increase blood circulation to the affected area, reducing inflammation. The makers say it also helps to regenerate cells. A free LightStim App is available, which you can use to track treatment time and to get tips on recovery.



RW Verdict

It's small and easy to use, which is a great start. You can certainly feel the area warming up after only a few minutes' application. We used it on calves after long runs and also on a lower back problem. It's hard to evaluate its long-term effect, as we used it only for five weeks, while also doing focused exercises, but the heat was pleasant and the calves and back did feel looser.





Hatha tank,
£66



Soul Search
tank, £69



Power leggings -
Inky Wave (left) and
Sky (right) - £69

FIRST LOOK

TOP OF THE TOPS

Technically superb
running top - at a price

**Armadillo Merino
Cobra T-shirt**

£85, armadillomerino.com

1

The super-fine merino is supremely soft - the fibres are so thin that they move with the skin, eliminating 'prickle factor'. Natural stretch and recovery generate enhanced freedom of movement.

2

The merino fibre's natural structure can hold or release heat, depending on the internal and external environment, which helps to regulate your body temperature.

3

Naturally hydrophilic (water-absorbing) next to your skin and hydrophobic (water-repelling) on the outside, the fibre wicks away sweat.

4

The fabric also causes body-odour molecules to bind together and become trapped in the fibres, making them less detectable to the human nose.

5

There's UV protection built into the fibres and no static build-up, while the antibacterial properties will help keep your skin healthy.



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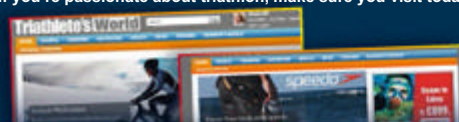


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RACE

LET YOUR TRAINING LOOSE



TREASURE ISLAND

Kerry McCarthy finds that the Isle of Man Half Marathon is a little gem





WET LOOK
Bad weather
was no match
for the runners



FEAST FOR THE EYES
And, soon, the belly



In the digital age it's almost impossible to go into a race with almost no knowledge of what to expect – and yet that's what I did when I agreed to run the Isle of Man Half Marathon last year. I arrived on the island having shown a complete lack of journalistic rigour by researching neither the place nor the race, but I'm glad I didn't, because sometimes a lack of expectation makes your experience better, which was certainly the case here.

The evening before the run I took a stroll round the town of Ramsey, in the north of the island. The first thing I noticed were cyclists – scores of them – of both the motor and the pedal variety. This made sense, as the only two facts I knew about the island were that it stages a famous motorbike race once a year (the Isle of Man TT), and that elite cyclist Mark Cavendish hails from Douglas. The second thing was the amount of attention I attracted. I was conscious of being followed by the eyes of the locals who were also out and about – it was a little disconcerting at first, but every gaze I met was swiftly followed by a wide smile and a nod. I caused a stir by completing four

The owner looked me up and down and said, 'You're not from here, are you?'

circuits of the tiny town square and was stopped twice to be asked if I required directions, so I decided to take myself off to the chippy for a bit of judicious carb-loading, where the owner looked me up and down as he handed me my change, and said, 'You're not from here, are you?'

If you're used to a big city, where anonymity is a way of life, you might find that sort of thing disconcerting, but I found it refreshing to stop and chat with strangers, and I was glad to find this open approach a theme of my weekend.

Race day dawned with banging, howling and whistling, as Hurricane Bertha did her best to ruin the organisers' plans. But while the weather was damp, the spirits of everyone at Ballacloan Stadium race HQ definitely weren't. Runners added last-minute layers to their race outfits, a brass band blew their instruments defiantly into the wind outside the clubhouse and volunteers endlessly chased stray hoardings, inflatable signs, small animals and anything else that was being blown across the playing field.

After a small delay, both the half marathoners and marathoners (a second lap of the same route) set off and it's a

testament to the thoughtful construction of the course that, despite the appalling conditions, it was still thoroughly enjoyable – in fact, it had me thinking that if the run was that lovely in a storm, it would be a real treat on a sunny day. The route, an anticlockwise loop through Bride, Andreas and St Jukes, kept us in the countryside for the most part; the first six miles were a steady climb to 280m and the second half was a freewheeling descent back down into Ramsey. Spectators were, understandably, fairly scarce and so, since this wasn't a race for quick times, I took the chance to chat to some of my fellow runners. I was amazed to discover that the field was a lot more international than I'd supposed, with entrants coming from as far as the US,



LIKE THE

Three more stunning UK island races to test your legs and lungs and make your spirits soar



THE RUNDOWN

Isle of Man Marathon

Ramsey (2014 stats)

First man Philip Caine 1:16:58

First woman Bev Wright 1:29:53

Last finisher 3:29:04

Starters/finishers 275 and 275
(100% finished)



Finishing Stats

- 1:00-1:29 7.6%
- 1:30-1:59 44.6%
- 2:00-2:29 35.6%
- 2:30-2:59 9.4%
- 3:00+ 2.8%



COMPUTER SAYS 'GO'
A technically impressive event

Germany, Poland, Denmark, Spain and the Netherlands.

Back in Ramsey, support was a lot stronger as we approached the finish and as I crossed the line I was given a piece of ticker tape with my finishing time, provisional place and splits. I was then directed to the warmth of the clubhouse, where runners could watch a scrolling screen of finishers and see how their placings were adjusted as other competitors crossed the line. These two innovations were the influence of the headline sponsor, software company Microgaming, and they stood out in an otherwise determinedly old-school race. The buffet itself was exceptional: every item was homemade by local residents and it took six large trestle tables to lay out the mountain of pasties, pies, butties, eclairs, cakes, macaroons, biscuits and God knows what else. The £23 entry fee was worth it for this alone and I was told by more than one sated runner that the spread was one reason they keep coming back. Add to that a technical T-shirt, a medal, a goody bag so stuffed you could barely close it, and a genuinely warm welcome, and you have an event you really should think about investigating.

● **Run It** This year's IOM Half Marathon is on August 9; isleofmanmarathon.com

Words **Kerry McCarthy** Photography **Bill Dale**, isleofmanphotos.com



ROLLING WITH IT
A brave face on a rough day



WINNERS
Bev Wright and Philip Caine

SOUND OF THIS? TRY...

JERSEY MARATHON

October 4

If you're looking for a UK autumn marathon, you could do a lot worse than hopping over to the biggest of the Channel Islands. If you do the full multiterrain 26.2-miler you'll get to see most of the 47-square-mile island, but there are relay and 3K fun-run options, too.

Jersey-marathon.com

GUERNSEY HALF MARATHON

August 30

Here's the organisers' route summary: 'It will take you past fisherman's cottages, sandy beaches, along flower-lined lanes, and through valleys shaded by panoplies of lofty beeches.' Not bad, and you'll also enjoy miles and miles of stunning coastline.

Guernseymarathon.gg

ANGLESEY HALF MARATHON

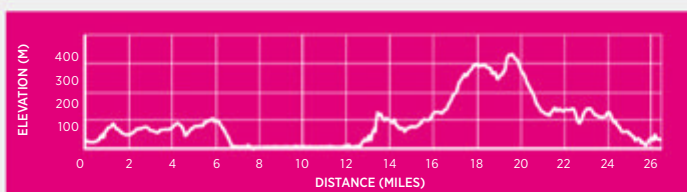
March 6 2016

An undulating but beautiful 13.1 race that starts on the Menai Suspension Bridge, which connects the island of Anglesey to mainland Wales, and has stunning Snowdonia as a constant backdrop. It's also ideal preparation for the London Marathon.

Angleseyhalfmarathon.com



ROUTE RECCE HOAD HILL MARATHON



Race director Gaynor Prior guides you round this slice of the Lake District in a race that makes its debut this summer

Start The race begins close to the old coach-house building in Ulverston's Ford Park. This market town was the birthplace of Stan Laurel **(A)**.

Mile 1 Heading through Ulverston, you'll reach the Chris Brammall sculpture. It marks the start of the Cumbria Way, the 112km trail stretching between here and Carlisle.

Mile 4 Here you'll pass the ancient hill fort at Skelmore Heads, which dates back to the Bronze Age.

Mile 5 Once you're through Great Urswick village, you climb Birkrigg Common and run close to the Druid's Temple, a double circle of ancient stones.

Mile 7 This is where you pick up the Cumbria Coastal Way. Don't be surprised if you see monks, as you'll be passing Conishead Priory, home to the largest Buddhist community in Europe.

Mile 10 You'll be on the towpath beside Ulverston Canal, which, at 1.5 miles long, is one of the shortest such waterways in the UK.

Mile 12 The 30m Hoad Monument **(B)** is ahead. It commemorates Sir John Barrow, a naval explorer and

statesman. It also serves as a feed station on race day, which is welcome after a 133m climb.

Mile 15 You've now got moorland underfoot before you pick up another country lane that takes you past Stonebriggs, an alpaca farm **(C)**.

Mile 17 Another steep uphill will bring you onto Lowick High Common. As well as enjoying the views along the coast, you'll pass the Burlington slate quarry.

Mile 24 The last few miles showcase the beautiful lakeland countryside as you pass farms and tiny hamlets on rolling country lanes.

Finish You can pick up speed on the gentle downhill road that returns you to Ford Park. There's a festival at the finish, with locally sourced food and beer.

Inside story

Gaynor Prior says: 'It will be the first running of both the full marathon and half marathon this year. The route's a mix of moorland and coast. As well as some tough climbs – there are 333m of ascent – there are some wonderful views. The race's appeal is broad, but for runners who like to explore a remote area but start and end in a lively place – Ulverston – it ticks all the boxes.'

● **Run it** The 2015 race is on August 9. Visit runnersworld.co.uk/hoadhillmarathon



A RUN ON THE WILD SIDE

RW's **Rhalou Allerhand** dared to bare all in Streak for Tigers – a naked dash round London Zoo



Most people would balk at the idea of being seen naked in public, but I'm a sucker for a challenge, so when I was offered the chance to run in a nude race I couldn't sign up fast enough.

Being short and ginger, I'm not the most body-confident girl in town, yet the idea of streaking for a good cause sounded like fun. Streak for Tigers, which is organised by the Zoological Society of London, is a 350m naked dash through London Zoo, raising funds for conservation work to protect big cats. All very laudable, but by the time race day rolled around, reality dawned and I had a cold, sinking feeling in my stomach.

When I walked into the changing area the male-to-female ratio did nothing to assuage my fears: a crowd of mostly male runners had already gathered, many of whom were already letting it all hang out.

To my relief I soon found lots of women painting tiger stripes on each other in the toilets – body paint is encouraged.

By signing up to the race we'd given permission to be photographed for promotional purposes, but I'd heard non-daubed participants were less likely to appear in the newspapers, so I declined the paint, stripped off and headed for the start line, clutching my foil blanket as fervently as Charlie Brown's friend Linus. Once there I downed a couple of proffered shots of alcohol for much-needed courage

'You need good support, or your boobs will punch you in the face'

and tried hard not to stare at anyone's not-so-private parts. And then we were off.

Surrounded by all those naked bodies and whooping into the trees, there was something rather primal about the whole thing – my anxiety quickly diminished as I started to feel like one of the animals. But by lap two around the central lawns I realised what differentiates (wo)man from beast. All the advice you've read about sports bras is true: you need good support, or your boobs will punch you in the face.

However, the race was as joyful and liberating as I had initially hoped; and the fact that a fair number of friends had paid to come and holler us on gave the whole thing a distinctly *Carry On* air.

Arms firmly crossed, I dashed across the finish line into a sea of runners taking naked selfies, giggling and generally delaying getting dressed. It was obvious nobody gave a toss what I or anybody else looked like in the buff; we were in a completely judgement-free zone. If you've ever had one of those dreams where you're running down the street naked and wondered what it would be like to actually do it, this race is your chance.

● **Run it** The 2015 race is on August 13. Visit zsl.org



NAKED AMBITION

THREE MORE BARE EVENTS

TYTHING BARN 'BARE IF YOU DARE' 5K Pembrokeshire, July 3 2016

Billed as the premier clothing-optional race in the UK, this has been running for 14 years at a popular naturist site in Wales. Experienced and novice naturists welcome.
Tb5k.moonfruit.com

BH5K NAKED RUN Kent, May 2016 (date tbc)

The Naturist Foundation's Brocken Hurst is set in 50 acres of woodland, so this mixed-terrain run is perfect for countryside-loving naked runners. Ladies, rejoice: you can wear sports bras.
Naturistfoundation.org

ROSKILDE NAKED RUN Denmark, June 2016 (date tbc)

A little further afield, at the Roskilde Music Festival, hundreds of festival-goers strip off for a run around the 200-acre grounds. The winning streaker receives a ticket to the following year's festival.
roskilde-festival.dk



NORTHERN EXPOSURE

Taken by the charm of the Reykjavik Marathon, **Johnny Dee** decides to take it at a leisurely, if not quite glacial, pace

Iceland, famous for its geysers, volcanoes and glaciers isn't that icy or cold in August, when the Reykjavik Marathon takes place. The temperature was around 12C on race day – perfect running conditions.

The field is small compared with other major European marathons, though the thousand or so runners come from over 60 countries. Despite the considerable international contingent, however, the Reykjavik Marathon retains a local flavour. The baggage area is in a school, where runners can leave their kit unattended – Icelanders are remarkably relaxed. Need more proof? One of their most popular phrases, 'Petta Reddast', which roughly translates as 'It will all work out' or, in the case of marathoners' baggage, 'Stop stressing about your smelly clobber, no one will want to steal it.'

The first half of the race traced the coastline (which was lovely) but there

were also several stretches around the docks (which really weren't). Other parts of the route – which took us past the Harpa concert hall to the Prime Minister's offices – fell into the 'rather interesting' category, but if you were expecting to see stunning geysers and glaciers during the race you'd have been disappointed.

The second half took runners through the old town and the surrounding residential areas – and this was by far my favourite section because the people here were both polite and slightly bonkers. Extended families stood on the front stoops of their wooden houses to cheer us on. Most were banging a variety of kitchen pans, while among the older generation there seemed to be some kind of contest to see who could blow into the weirdest – and smallest – brass instrument.

Having decided to adopt my own version of 'Petta Reddast', I took on the course in

THE LOWDOWN



GET THERE

Iceland Air (icelandair.co.uk) flies from Glasgow, Gatwick, Heathrow and Manchester.



STAY

Mid-range 4th Floor Hotel (4thfloorhotel.is) Smart modern hotel just opposite the Penis Museum (yep, that's right), 10 minutes' walk from the start. **Upmarket** Grand Hotel (grand.is) is close to the race expo, on the outskirts of the city.



SIGHTSEE

Take the Golden Circle tour (grayline.is) and spend an afternoon visiting erupting hot springs, waterfalls and the stunning Thingvellir National Park, where the North American and European tectonic plates meet.



FUEL

Not only does Glo (glo.is) offer some of the healthiest salads, wraps and pasta in town it's also one of the cheapest restaurants in the city. Elsewhere, indulge in a burger and realign your karma at the Lebowski Bar (lebowski.is).



WARM-UP

Follow the Seltjarnarnes peninsula for a superb running path that ends at the Grotta lighthouse. The views from the peninsula are outstanding.

leisurely tourist fashion, determined to keep my head up, look around and enjoy a vibrant atmosphere that more than made up for a slightly underwhelming course, as did the rocking music festival at the race village and free entry to one of the city's thermal spas – in fact, it was there that I later relaxed, rested my legs and looked back on my race experience.

The Reykjavik Marathon is not going to scratch the itch for anyone who wants either a crowded big-city race or a stunning route, but the welcoming, beguilingly old-school approach mean this race has a memorable charm all of its own.

● **Run it** The next Reykjavik Marathon is on August 31. Visit marathon.is/reykjavik-marathon

THE RUNDOWN

Reykjavik Marathon

Iceland (2014 stats)

First man Matthew Pelletier 2:18:00 **First woman**

Sarah Brown 3:01:47 **Last finisher** 6:54:30

Starters/finishers 1,044 and 877 (84% finished)

Finishing stats

- 2-3hrs 2.6%
- 3-4hrs 43.7%
- 4-5hrs 40.7%
- 5-6hrs 11.9%
- 6-7hrs 1.1%



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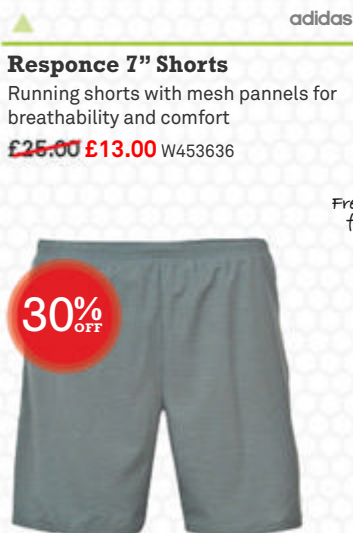


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RACE FINDER

THE BEST UK EVENTS IN AUGUST

Your top rated August's best races as voted for by you*

1
99.2%

•RURAL •HILLY
ROSELAND AUGUST TRAIL
When? August 15
Where? Cornwall
Number four in our 2014 rundown of the Top 50 UK races. You can choose from four distances (11/22/32/64 miles) and tour West Cornwall's coastline. **p109**

2
98.8%

•ROAD •RURAL •HILLY
BADGERS ATHERSTONE 10K
When? August 30
Where? Warwickshire
This is a quick-fire tour of the North Warwickshire countryside, and takes you through the Merevale Estate. It finishes in Atherstone's town square. **p111**

3
97.8%

•RURAL •HILLY
TARBERT TT 10K
When? August 15
Where? Argyll & Bute
This picturesque race has come a long way in a very short time (In 2013, its second year, it was second in our rundown of the UK's best 10Ks. **p109**

4
98.4%

•ROAD •FLAT
PRIDE RUN 10K
When? August 15
Where? London
What was originally a run to support the LGBT cause has mushroomed into a riotously colourful race round Victoria Park, North London. **p109**

5
94.2%

•ROAD •URBAN •RURAL
SEVERN BRIDGE HALF MARATHON
When? August 30
Where? Monmouthshire
This starts in Chepstow, Wales, then crosses over into England, to Gloucestershire, and back again. The views from the double-bridge crossing are lovely. **p111**



*Taken from RW online 2014 ratings

How to use Race Finder

It's pretty easy – just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover, at the least. This issue features races from **Saturday, August 1 to Sunday, September 6**. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of space. Find more extensive listings and an interactive search tool at runnersworld.co.uk/events. Just log on and sign up!

Key to race entries

RACE NAME
5Ks, 10Ks, half marathons and marathons are clearly shown. Numbers only (eg. 5, 20) represent the distance in miles.

RACE TYPE
The kind of terrain and surroundings: road, trail, hilly, flat, urban and rural.

ADDITIONAL RACES
The event offers more races than the one stated, such as shorter fun runs or a children's race.



COST
The first figure is for entrants belonging to a UKA-affiliated running club. The second is for non-affiliated runners.

CLOSING DATE
Closing date for entries, if applicable.

ENTRY ON DAY
Is it possible to turn up, pay and run? If yes, and it costs more to do this, it's usually stated.

ORGANISER'S CONTACT DETAILS
Who you should speak to if you have any queries about the event.



RW online entry

Signing up for events marked with this flash couldn't be simpler.

- ▶ Go to runnersworld.co.uk/events and search for the race you want to enter by name.
- ▶ Click 'Enter Online'.
- ▶ Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
- ▶ Enter your details and pay online.
- ▶ Then you'll be sent a confirmation email. It's as simple as that.

SATURDAY AUGUST 1

DERBYSHIRE

•ROAD •FLAT
NO WALK IN THE PARK 5K (+)
VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; 07902 249 316; j.cannon846@btinternet.com; northderbyshire.rjindo.com/ **COST** £3/£5 **E/D** ONLY

DEVON

•TRAIL •RURAL •HILLY
GREAT WEST FELL RUN
VENUE Meldon Reservoir, Okehampton, 2pm **CONTACT** Paul Crease; 07885 678 671; paulcrease@tiscali.co.uk; www.okehamptonrunningclub.com **COST** £8 **C/D** 25/7 **E/D** YES

HAMPSHIRE

•TRAIL •RURAL •HILLY
GRAVEL HILL 50 MILE
VENUE Queen Elizabeth Country Park, Petersfield, 9am **CONTACT** Phil Hoy; 07704 502 800; philhoy@btinternet.com; secondwindrunning.co.uk **COST** £44/£46 **C/D** 26/7 **E/D** YES, +£5

•TRAIL •RURAL •HILLY

MIDNIGHT MARATHON
VENUE Queen Elizabeth Country Park, Petersfield, 9pm **CONTACT** Phil Hoy; 07704 502 800; philhoy@btinternet.com; secondwindrunning.co.uk **COST** £28/£30 **C/D** 26/7 **E/D** YES, +£5

LONDON

•ROAD •URBAN •FLAT
GREAT BRITISH BEERATHON
VENUE The Hoop and Grapes, 80 Farringdon Street, London, 1pm **CONTACT** David Hellard; davidhellard@yahoo.com; beerbellyrunning.weebly.com/the-great-british-beerathon.html **COST** - **E/D** NO

•TRAIL •RURAL

ORION HARRIES FOREST FIVE
VENUE Jubilee Retreat, Bury Road, London, 10am **CONTACT** Bob Jousiffe; 07709 206 897; bobjousiffe@hotmail.com; www.orionharries.org.uk **COST** £5/£7 **E/D** YES, £10

SHROPSHIRE

•TRAIL •RURAL •FLAT
THE RAILWAY ULTRA
VENUE Coalport, Telford, 10am **CONTACT** Denzil Martin; denzil@codrc.co.uk; www.codrc.co.uk **COST** £30/£32 **C/D** 29/7 **E/D** NO

SOMERSET

•TRAIL •RURAL •HILLY
MAVERICK ORIGINAL SOMERSET TRAIL RUN - LONG (21KM) (+)
VENUE Kilve Court Outdoor education centre, Kilve, Bridgwater, 10am **CONTACT** Ben MacWilliam; 07545 017 476; info@maverick-race.com; www.maverick-race.com **COST** £25 **E/D** YES, +£3

SURREY

•TRAIL •RURAL •FLAT
PHOENIX SUMMER MARATHON (THAMES PATH)
VENUE Elmbridge Xcel Leisure Centre (Back Entrance), Waterside Drive, Walton-on-Thames, 9am **CONTACT** Rik Vercoe; 07949 273 732; rikvercoe@gmail.com; www.phoenixrunning.co.uk **COST** £25/£27 **C/D** 29/7 **E/D** NO

SUNDAY AUGUST 2

CAMBRIDGESHIRE

•TRAIL •URBAN •RURAL •FLAT
RIVERSIDE RUNNERS 28TH ANNIVERSARY 10K (+)
VENUE Regatta Meadow, Riverside Park, St Neots, 10:30am **CONTACT** Paul Veitch; veitchp@gmail.com; 10k, riversiderunners.co.uk/ **COST** £14/£16 **E/D** YES, +£2

CORNWALL

•ROAD •RURAL •FLAT
INDIAN QUEENS HALF MARATHON (+)
VENUE Indian Queens Working Mens Club, St Francis Road, Indian Queens, 10am **CONTACT** Jan Sargent; 07918 152 112; kevburnett@tiscali.co.uk; www.newquayroadrunners.co.uk **COST** £13/£15 **C/D** 20/7 **E/D** NO

DORSET

•ROAD •RURAL
STURMINSTER HALF MARATHON
VENUE High School, Bath Road, Sturminster Newton, 10:30am **CONTACT** 07734 204 984; entries@sturhalf.co.uk; www.sturhalf.co.uk **COST** £12/£14 **C/D** 27/7 **E/D** YES, +£2

KENT

•ROAD •RURAL
MID KENT 5 MILE
VENUE Staplehurst Cricket and Tennis Club, Frittenden Road, Staplehurst, 9am **CONTACT** Nick Jordan; 07882 692 167; 07882 692 167; jordo2005@hotmail.co.uk; www.midkent5.co.uk **COST** £12/£14 **C/D** 29/7 **E/D** YES, +£2

LONDON

•ROAD •URBAN •FLAT
BHF VICTORIA PARK RUN (+)
VENUE Victoria Park, Grove Road, London, 10am

CONTACT Graham Morgan; 0845 130 8663; events@bhf.org.uk; <https://www.bhf.org.uk/get-involved/events/runs/victoria-park-run> **COST** £13 **C/D** 15/7 **E/D** YES, +£7

ROAD
REGENTS PARK RACES SUMMER 10K 6 GRAND PRIX RACE SERIES
VENUE The Hub, Regent's Park, London, 9:30am **CONTACT** Maurice Raynor; 07713 327 690; mauriceraynor@gmail.com; regentsparkraces.org **COST** £15/£17 **E/D** YES

SURREY
TRAIL • **RURAL**
VANGUARD WAY MARATHON 2015
VENUE Lloyd Park - Pavilion, Coombe Lane, Croydon, 9:30am **CONTACT** Gareth Davies; 020 8651 5177; 07967 729 922; Gazdji@gmail.com; www.vanguardway.org.uk **COST** £20/£22 **C/D** 31/7 **E/D** YES. £22/£25

SUSSEX
TRAIL • **RURAL**
BRIGHTON TRAILBLAZER RUN
VENUE South Downs National Park, Falmer Road, Woodingdean, Brighton, 11am **CONTACT** Mark Hedger; 07917 753 794; mark@brightonsports.co.uk; brightonsports.co.uk **COST** £10/£12 **C/D** 30/7 **E/D** YES, £15

TRAIL • **RURAL**
HARTING TRAIL RACE
VENUE South Harting Sports Field, Petersfield Road, South Harting, Petersfield, 10:30am **CONTACT** Tom Frost; 033 0222 2794; 01730 814 098; tom.frost@westsussex.gov.uk; www.liss-runners.org.uk **COST** £12/£14 **C/D** 29/7 **E/D** YES, +£2

WALES
ROAD • **RURAL**
BRECON LIONS 10 MILE RACE (+)
VENUE Leisure Centre, Brecon, 10:30am **CONTACT** Derek White; 01874 611 050; 07710 996 578; coughtrey@sky.com; Brecon10.com **COST** £13/£15 **E/D** YES, £15

YORKSHIRE
ROAD
ASDA FOUNDATION YORK 10K
VENUE York, 9:30am **CONTACT** Run For All; info@runforall.com; www.runforall.com **COST** £20 **E/D** NO

MONDAY AUGUST 3
LONDON
ROAD • **FLAT**
SELF TRANSCENDENCE 5K
VENUE Rosery Car Park, Battersea Park, London, 7pm **CONTACT** Shankara Smith; 0207 222 1314; 07734 298 024; races@runandbecome.com; uk.srichinmoyraces.org/races/london **COST** £4/£6 **C/D** 28/7 **E/D** YES

TUESDAY AUGUST 4
DEVON
ROAD • **FLAT**
RD 5: RUN EXE SUMMER 5K SERIES
VENUE Exwick Playing Fields, Exeter, 7:30pm **CONTACT** City Runs; mail@city-runs.co.uk; www.city-runs.co.uk **COST** £8/£10 **E/D** YES

WEDNESDAY AUGUST 5
HAMPSHIRE
ROAD • **URBAN** • **RURAL**
YATELEY 10K SERIES - RACE 3
VENUE Yateley School, School Lane, Yateley, 7:30pm **CONTACT** Yrr-director@sandhurstjoggers.org.uk; www.yateley10kseries.info **COST** £12/£14 **C/D** 30/7 **E/D** NO

KENT
ROAD • **RURAL**
THE SAMPHIRE HOE 5K SUMMER SERIES (+)
VENUE Samphire Hoe, A20, Dover, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 27/7 **E/D** YES, +£2

WILTSHIRE
ROAD • **RURAL**
STRIPPED BACK BUSTARD FIVE
VENUE Pewsey Vale Rugby Club, Wilcot Road, Pewsey, 7pm **CONTACT** Richard Pearce; 01672 562 412; richardpearce.info@googlemail.com; Pewseyvalerunningclub.org **COST** £5/£7 **C/D** 31/7 **E/D** YES, +£2

FRIDAY AUGUST 7
KENT
ROAD • **RURAL**
GRAVESEND CYCLOPARK 10K (+)
VENUE Cyclopark, The Tollgate, Wrotham Road, Gravesend, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **E/D** YES, +£1

SUSSEX
ROAD • **URBAN** • **RURAL** • **FLAT**
BRITISH ULTRAFEST 48-HOUR RACE (+)
VENUE k2 Leisure Centre, Tollgate Hill, Crawley, Midnight **CONTACT** Pam Storey; 01342 717 222; pamstorey@btiscali.co.uk; www.britishultrafest.com **COST** £150/£152 **C/D** 1/7 **E/D** NO

WALES
ROAD • **RURAL** • **HILLY**
MYNYDDISLWYN 'MURDER'MILE
VENUE Pen Rhiwaenydd Farm, Troed-y-Rhiw Mynyddislwyn, Newbridge, Newport, 7pm **CONTACT** Mike

Heare; 01495 245 430; 07557 273 082; nikeair@farmrd.fsnet.co.uk; www.islwynrunningclub.org.uk **COST** £3/£5 **C/D** 1/8 **E/D** YES. £5

SATURDAY AUGUST 8
ESSEX
TRAIL • **HILLY**
HADLEIGH CASTLE 10K
VENUE Chapel Lane, Hadleigh, Benfleet, 9:45am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com/hadleigh.html **COST** £12/£14 **E/D** YES

LINCOLNSHIRE
ROAD • **RURAL** • **FLAT**
BASSINGHAM BASH 5-MILE ROAD RACE IN ASSOCIATION WITH UKRUNCHAT AND SPORTS CLINICAL
VENUE Hammond Hall Playing Fields, Basingham, Lincoln, 2:30pm **CONTACT** Daniel Mortimer; info@bassinghambash.co.uk; www.bassinghambash.co.uk **COST** £10/£12 **C/D** 31/7 **E/D** YES, £15

LONDON
QEQP SUMMER 10KM SERIES
VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; 07740 554 190; info@theraceorganiser.com; www.qeqpraces.com **COST** £15/£17 **C/D** 1/3 **E/D** YES

ROAD • **FLAT**
SELF TRANSCENDENCE 10K
VENUE Rosery Car Park, Battersea Park, London, 8am **CONTACT** Shankara Smith; 0207 222 1314 (day); 07734 298 024; races@runandbecome.com; uk.srichinmoyraces.org/races/london **COST** £8/£10 **C/D** 1/8 **E/D** YES, +£1

WILTSHIRE
TRAIL • **RURAL** • **FLAT**
LACOCK ABBEY 10KM (+)
VENUE Lacock Abbey, Lacock, Chippenham, 10am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com/lacock-abbey-10km.php **COST** £14/£16 **C/D** 1/8 **E/D** YES, +£2

SUNDAY AUGUST 9
BUCKINGHAMSHIRE
ROAD • **URBAN** • **RURAL**
BEARBROOK 10K ROAD RACE
VENUE Aylesbury Rugby Football Club, Weston Turville, Aylesbury, 9:30am **CONTACT** Sarah Evered; 01296 707 078; www.bearbrookrunningclub.co.uk **COST** £12/£14 **C/D** 3/8 **E/D** YES, +£2

CUMBRIA
TRAIL
HOAD HILL MARATHON (+)
VENUE Ford Park, Ulverston, 9:30am **CONTACT** Gaynor Prior; 0800 298 7376; 0796 883 6549; info@pureoutdoorsevents.co.uk; www.pureoutdoorsevents.co.uk **COST** £25 **E/D** NO

ESSEX
TRAIL
SUMMER 5K FUN RUN
VENUE Lake Meadows, Radford Way, Billericay, 11:30am **CONTACT** Kerry Chambers; 01268 524 973; 07415 472 536; kerry@stlukeshospice.co.uk; www.stlukeshospice.com/fundraising-products.asp?id=87 **COST** £8 **C/D** 5/8 **E/D** YES, +£2

ROAD • **URBAN** • **FLAT**
THE CLACTON HALF MARATHON (+)
VENUE Gainsford Avenue Sports Ground, Fourth Avenue, Clacton-on-Sea, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£16 **C/D** 5/8 **E/D** YES, +£2

LANCASHIRE
ROAD • **URBAN** • **FLAT**
BLACKPOOL AIR SHOW 10K
VENUE Bispham Fire Station, Red Bank Road, Bispham, 11am **CONTACT** David Waywell; 01253 932 715; 07762 283 626; waywell.dave@hotmail.co.uk; www.ukresults.net **COST** £6/£8 **C/D** 2/8 **E/D** YES

LINCOLNSHIRE
TRAIL • **RURAL**
CAYTHORPE 10K
VENUE Caythorpe Playing Field, Old Lincoln Road, Caythorpe, Grantham, 11am **CONTACT** David Dorey; 01400 272 015; pfcommittee2014@gmail.com; www.caythorpe.org **COST** -

LONDON
TRAIL • **FLAT**
CAPITAL RUNNERS BUSHY PARK 10K
VENUE Bushy Park, Hampton, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 5/8 **E/D** YES, £20

ROAD • **FLAT**
RUNTHROUGH BATTERSEA 5K & 10K
VENUE Battersea Park, London, 9:30am **CONTACT** Run Through; info@runthrough.co.uk; runthrough.co.uk/?event=battersea-park-10k-january-11th-2015event_date=2015-01-11 **COST** £16/£18 **E/D** NO

TRAIL • **RURAL**
SECOND SUNDAY 5

VENUE Richardson Evans Memorial Fields, Wimbledon, 9:30am **CONTACT** David Symons; dssymons@hotmail.com; www.secondsunday5.com **COST** £3/£5 **E/D** YES

TRAIL • **FLAT**
THE CAPITAL RUNNERS BUSHY PARK 5K
VENUE Bushy Park, Hampton, London, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **C/D** 5/8 **E/D** YES, +£2

STAFFORDSHIRE
TRAIL • **RURAL**
CANNOCK CHASE 10K (+)
VENUE Birches Valley, Rugeley, Cannock, 10:30am **CONTACT** Cannock Chase 10K; 01782 384 162; info@cannockchase10k.co.uk; www.cannockchase10k.co.uk **COST** £15/£17 **E/D** NO. Prices TBC

WILTSHIRE
TRAIL • **RURAL**
SALISBURY 5-4-3-2-1 TRAIL MARATHON (+)
VENUE Salisbury Fire Station, Ashley Road, Salisbury, 10am **CONTACT** Ludo Macaulay; 01722 332 211; ludomacaulay@hotmail.com; salisbury54321.com **COST** £18/£20 **C/D** 6/8 **E/D** NO

MONDAY AUGUST 10
LONDON
ROAD • **FLAT**
SELF TRANSCENDENCE RELAY
VENUE South Carriage Drive, Battersea Park, London, 7pm **CONTACT** Shankara Smith; 0207 222 1314; 0208 876 4760; 07734 298 024; races@runandbecome.com; uk.srichinmoyraces.org/races/london **COST** £12 **C/D** 3/8 **E/D** YES

TUESDAY AUGUST 11
HAMPSHIRE
ROAD • **URBAN** • **FLAT**
THE ABSOLUTE RUNNING GOSPORT 5K SUMMER SERIES
VENUE Stokes Bay Road, Gosport, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 4/8 **E/D** YES, +£2

WEDNESDAY AUGUST 12
ESSEX
TRAIL • **RURAL**
CROWN TO CROWN 5K
VENUE Westley Heights Country Park, High Road, Langdon Hills, Basildon, 7:30pm **CONTACT** Peter Bates; 01268 768 082; www.pitsearunningclub.org.uk **COST** £2 **E/D** ONLY

LANCASHIRE
ROAD
HAIGH HALL 4 MILE RACE
VENUE Haigh Hall, School Ln, Haigh, Wigan, 7:30pm **CONTACT** Paul Carroll; 07950 074 173; paul.carroll@wiganphoenix.org.uk; www.wiganphoenix.org.uk **COST** £5/£7 **C/D** 8/8 **E/D** YES, +£1

NOTTINGHAMSHIRE
TRAIL
NOTTINGHAM 5K SUMMER SERIES (+)
VENUE Colwick Country Park, Via River Road, Nottingham, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 7/8 **E/D** YES, +£2

WEST MIDLANDS
TRAIL • **RURAL**
WORCESTERSHIRE SUMMER MID-WEEK SERIES - HACC 8-10K (RACE 4)
VENUE Nimmings Car Park, Clent Hills, Off Hagley Wood Lane, Halesowen, 7:30pm **CONTACT** Alex Morgan; 07919 005 287; halesowenacc@yahoo.co.uk; www.halesowen-athleticclub.co.uk **COST** TBC

THURSDAY AUGUST 13
BERKSHIRE
TRAIL • **FLAT**
DINTON PASTURES 10KM SUMMER SERIES (+)
VENUE Dinton Pastures Country Park, Davis Street, Hurst, 7pm **CONTACT** Barnes Fitness; 0118 988 2444; info@barnesfitness.co.uk; www.barnesfitness.co.uk/event/dinton-5km10km-summer-series **COST** £11/£13 **E/D** YES, +£3

LEICESTERSHIRE
ROAD • **FLAT**
LEICESTER CITY 5K SUMMER SERIES (+)
VENUE Victoria Park, London Road, Leicester, 7pm **CONTACT** Martin Burke; 01797 230 572 (lev); martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 9/8 **E/D** YES, +£2

FRIDAY AUGUST 14
LINCOLNSHIRE
ROAD • **RURAL**
SLEAFORD STRIDERS SUMMER 10K (+)
VENUE Scredington Community Centre, Church Lane, Scredington, Sleaford, 7pm **CONTACT** Matthew Lennard; www.sleafordhalf.com/10k **COST** TBC

SUFFOLK
ROAD • **URBAN** • **FLAT**
IPSWICH BUILDING SOCIETY TWILIGHT 10K (+)
VENUE Suffolk New College, Ipswich, 7:30pm **CONTACT** Hannah Wood; twilight10k@ipswichjaffa.org.uk events.

ipswichjaffa.org.uk/twilight/ **COST** £15/£17 **C/D** 7/8 **E/D** NO

SUSSEX
ROAD • **RURAL** • **FLAT**
RYE SUMMER CLASSIC 10K SERIES (+)
VENUE Rye Nature Reserve, Rye Harbour, Rye, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **C/D** 7/8 **E/D** YES, +£2

SATURDAY AUGUST 15
ARGYLL AND BUTE
RURAL • **HILLY**
TARBERT TT 10K (+)
VENUE Tarbert Harbour, Harbour street, Tarbert, PA29 **CONTACT** tarbert10km@gmail.com; www.dbmax.co.uk **COST** £16/£18 **E/D** -

CORNWALL
TRAIL • **RURAL** • **HILLY**
MUDCREW: THE RAT - ROSELAND AUGUST TRAIL RACE SERIES (+)
VENUE Portheenan Outdoor Education Centre, St Austell, 12:05am **CONTACT** MudCrew Running; 01726 815 255; Info@mudcrew.co.uk; mudcrew.co.uk/ **COST** Free **E/D** NO

DORSET
TRAIL • **RURAL**
BLACK OPS
VENUE Bere Regis, Dorchester, 9:30pm **CONTACT** Simon Rawlins; 01753 282 796; battlereadyraces@outlook.com; battlereadyraces.co.uk/ **COST** £23 **E/D** NO

ESSEX
TRAIL
SPITFIRE SCRAMBLE 24-HOUR RELAY
VENUE Hornchurch Country Park, Hornchurch, Noon **CONTACT** Danny Coyle; info@spitfirescramble.co.uk; www.spitfirescramble.co.uk **COST** £80 **C/D** 1/8 **E/D** YES

LANCASHIRE
ROAD • **RURAL** • **FLAT**
CATFORTH CANTER 5K
VENUE Catforth Village Hall, Catforth Rd, Catforth, 6:30pm **CONTACT** alan taylor; 07850 684 162; alan.taylor7@tesco.net **COST** £6 **C/D** 10/8 **E/D** YES, +£2

LONDON
ROAD • **URBAN**
BHF GREENWICH PARK RUN (+)
VENUE The Bandstand, Greenwich Royal Park, Greenwich, London, 10am **CONTACT** Graham Morgan; 0845 130 8663; events@bhf.org.uk; www.bhf.org.uk/get-involved/events/runs/greenwich-royal-park-run **COST** £13 **C/D** 9/8 **E/D** YES, +£7

ROAD • **FLAT**
PRIDE RUN 10K
VENUE Victoria Park, Tower Hamlets, London, 11am **CONTACT** info@pride10k.org; www.pride10k.org **COST** £17/£19 **E/D** YES, £19

SCOTLAND
TRAIL • **URBAN** • **RURAL**
GAELFORCE WEST
VENUE Westport, Co. Mayo, Ireland, 6am **CONTACT** Barbara Daly; 003 5395-4341; info@gaelforceevents.com; gaelforceevents.com/en/gaelforce-west **COST** £80 **C/D** 10/8 **E/D** NO

SUFFOLK
TRAIL • **RURAL**
STOUR VALLEY PATH 100K ULTRA (SVPI00)
VENUE Newmarket, 7am **CONTACT** Matthew Hearne; info@svpi00.co.uk; www.svpi00.co.uk **COST** £60 **E/D** NO

TYNE & WEAR
TRAIL • **RURAL**
GATESHEAD TRAIL 10K
VENUE Blaydon Rugby Club, Hexham Rd, Gateshead, 10am **CONTACT** Kandoo Events; info@kandooevents.com; www.gatesheadtrail10k.com **COST** £18 **C/D** 10/8 **E/D** YES, £20

WALES
TRAIL • **URBAN** • **RURAL**
RACE THE TRAIN (+)
VENUE Tywyn Secondary School, Neptune Road, Tywyn, 2:05pm **CONTACT** George Watson; 07748 494 552; george_racethetrain@hotmail.com; www.racethetrain.co.uk **COST** £26/£28 **C/D** 10/8 **E/D** YES, +£5

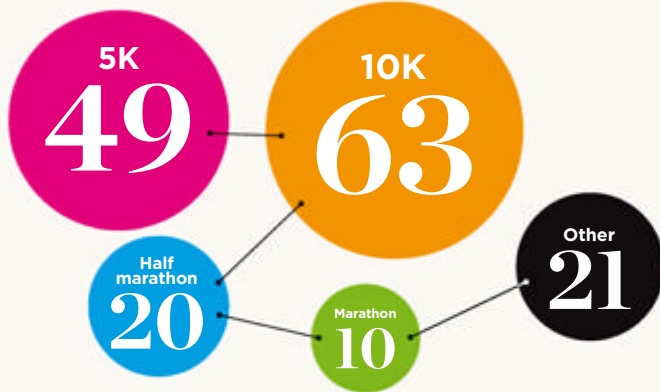
WEST MIDLANDS
THE COLOR RUN BIRMINGHAM
VENUE National Exhibition Centre, Birmingham, 9am **CONTACT** Challenger World; www.TheColorRun.co.uk **COST** £26 **E/D** NO

SUNDAY AUGUST 16
CAMBRIDGESHIRE
ROAD • **RURAL**
KIMBOLTON 1/2 MARATHON (+)
VENUE Kimbolton Castle, Kimbolton, 10am **CONTACT** Keith Ritchie; 07539 213 097; 07539 213 097; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £18 **E/D** YES, +£7

ISLE OF WIGHT
TRAIL • **URBAN** • **RURAL**
ISLE OF WIGHT HALF MARATHON (+)
VENUE Ryde Rowing Club, Ryde, 11am **CONTACT**

Going the distance

August's 163 events broken down by distance



Christopher Lewis; 01983 616 497; races@rydeharriers.co.uk; www.rydeharriers.co.uk **COST** £12/£15 **C/D** 8/8 **E/D** YES, +£3

LONDON

ROAD

LONDON HYDE PARK 10K
VENUE Hyde Park, London, 9:30am **CONTACT** Race secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/£21 **C/D** 7/5 **E/D** YES, £30

ROAD • FLAT

LONDON SUMMER 10K (+)
VENUE Regents Park, The Hub, London, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £18/£20 **C/D** 11/8 **E/D** YES, £25

SOMERSET

TRAIL • RURAL

CHEDDAR GORGE CHALLENGE - MARATHON (DATE 4 OF 4) (+)
VENUE Cheddar Gorge (at the top), Cheddar, 10am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com **COST** £38/£40 **C/D** 10/8 **E/D** YES, +£2

WEDNESDAY AUGUST 19

CHESHIRE

ROAD • RURAL • FLAT

ELLSMERE PORT RC 5K ROAD RACE
VENUE The Electricity Sports and Social Club, Capenhurst Technology Park, Capenhurst, Chester, 7:15pm **CONTACT** Ian Cooper; 07429 429 895; running@ellesmereportrunningclub.org.uk **COST** £7.50/£9.50 **E/D** YES, +£3

NORTHUMBERLAND

ROAD • RURAL

RUN NORTHUMBERLAND STAMFORDHAM 10K
VENUE Stamfordham, 7:30pm **CONTACT** Richard Hunter; 07545 140 810; info@run-nation.org; runnation.co.uk **COST** £12.50/£14.50 **E/D** NO

THURSDAY AUGUST 20

SUFFOLK

TRAIL

IPSWICH SUMMER 5K SERIES
VENUE Christchurch Park, Ipswich, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 23/7 **E/D** YES, +£2

FRIDAY AUGUST 21

ESSEX

ROAD • URBAN • FLAT

CLACTON SUMMER 5K SERIES (+)
VENUE Greensward Cafe, Marine Parade West, Clacton-on-sea, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 21/8 **E/D** YES, +£2

KENT

ROAD

THE PODPLUS ASHFORD SUMMER 10K SERIES (+)
VENUE Victoria Park, Jemmett Road, Ashford, 7pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **C/D** 14/8 **E/D** YES, +£2

SATURDAY AUGUST 22

DEVON

TRAIL • RURAL

JURASSIC COAST 10K
VENUE Budleigh Salterton Sea Front, Budleigh Salterton, 11am **CONTACT** Jane Newman; 07814 009 918; jane@jammouth@hotmail.com; www.jurassiccoast10k.co.uk **COST** £8/£10 **C/D** 22/7 **E/D** NO

DORSET

TRAIL • RURAL • FLAT

BAD COW SATURDAY

VENUE Holton Lee, East Holton Holton Heath, Poole, 9am **CONTACT** White Star Running; 07930 335 746; 07930 335 746; admin@whitestarrunning.co.uk; www.whitestarrunning.co.uk **COST** £32/£34 **C/D** 14/8 **E/D** NO

TRAIL • RURAL • FLAT

BAD COW SATURDAY 10K
VENUE Holton Lee, East Holton Holton Heath, Poole, 7pm **CONTACT** White Star Running; 07930 335 746; admin@whitestarrunning.co.uk; www.whitestarrunning.co.uk **COST** £14/£16 **C/D** 14/8 **E/D** NO

ESSEX

TRAIL

THE BRENTWOOD BRIZES PARK 10K (+)
VENUE The Trinity School, Brizes Park, Brentwood, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **E/D** YES, £15

WALES

TRAIL • URBAN • RURAL

THE 9BAR RUN TO THE CASTLE ULTRA 2015
VENUE Neuadd Dyfi, Aberdovey, 8:30am **CONTACT** Denzil Martin; running@codrc.co.uk; www.codrc.co.uk **COST** £40/£42 **C/D** 16/8 **E/D** YES

SUNDAY AUGUST 23

CHESHIRE

ROAD • URBAN • RURAL

BIRCHWOOD 10K (+)
VENUE Car Park 3 & 4, Birchwood Mall, Birchwood, Warrington, 10:30am **CONTACT** Julian Spencer; 01925 766 550; 07769 154 311; 10k@spectrumstriders.org.uk; www.spectrumstriders.org.uk **COST** £14/£16 **E/D** NO

CUMBRIA

TRAIL • URBAN • RURAL • FLAT

SILLOTH BEACH RUN (+)
VENUE Silloth on Solway town centre, Silloth, 11am **CONTACT** Q - BUSTER Booking system; www.sillothonsolway.com **COST** £18 **C/D** 1/8 **E/D** YES, +£2

DORSET

TRAIL • RURAL • FLAT

BAD COW SUNDAY HALF MARATHON
VENUE Holton Lee, East Holton Holton Heath, Poole, 9am **CONTACT** White Star Running; 07930 335 746; admin@whitestarrunning.co.uk; www.whitestarrunning.co.uk **COST** £20/£22 **C/D** 14/8 **E/D** NO

TRAIL

LULWORTH CASTLE 10K
VENUE Church Lane, Coombe Keynes, Wareham, 11am **CONTACT** Roberto Panter; 01929 288 318; 07796 428 050; bob.panter@hotmail.com; www.lulworthcastle10k.com **COST** £12/£14 **C/D** 20/8 **E/D** YES

ROAD • URBAN • RURAL

ROUND THE ROCK 10K
VENUE The Blues Club, Grove Rd, Portland, 10:30am **CONTACT** Bill Hicks; 07849 837 650; billhicksd4@talktalk.net; www.rmpac.co.uk **COST** £9/£11 **C/D** 19/8 **E/D** YES, +£2

KENT

ROAD • RURAL

MOUNT EPHRAIM 10K
VENUE Mount Ephraim Gardens, Hernhill, Faversham, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£17 **E/D** YES, £20

LONDON

TRAIL

CAPITAL RUNNERS RICHMOND PARK 10K (+)
VENUE Richmond Park, Race starts in the Park adjacent to the Car Park at the Sheen Gate entrance, London, 10am **CONTACT** Martin Burke; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 19/8 **E/D** YES, £20

ROAD • FLAT

HYDE PARK 10K
VENUE Hyde Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com **COST** £14/£16 **E/D** YES

TRAIL

INNOVATION SPORTS VIVOBAREFOOT 15K RACE SERIES RACE 2015 (+)
VENUE Bandstand, Clapham Common, Clapham, 10am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/enter-a-race.html **COST** £19.75 **C/D** 17/8 **E/D** YES, +£1.25

NORFOLK

ROAD • URBAN • FLAT

DEREHAM 5K TOWN RACE
VENUE The Park, Station Road, Dereham, 9:15am **CONTACT** Todd Lake; todd.lake1664@gmail.com; www.derehamrunners.co.uk **COST** £8.50/£10.50 **E/D** YES, +£2

STAFFORDSHIRE

ROAD • RURAL

BURTON 10K ROAD RACE
VENUE Shobnall Leisure Complex, Shobnall road, Burton Upon Trent, 10:30am **CONTACT** Geoff Mulcahy; 01283 541 731; 07971 246 198; geoff.mulcahy@talk21.com; www.HattonDartsRunningClub.co.uk **COST** £12/£14 **C/D** 16/8 **E/D** NO

SUSSEX

TRAIL • RURAL

HENFIELD HALF MARATHON IN CONJUNCTION WITH HENFIELD JOGGERS
VENUE Henfield Leisure Centre, The Kings Field, Henfield, 10:30am **CONTACT** Simon Thompson; 01273 494 984; simonthompson@henfieldleisure.org.uk; www.henfieldleisurecentre.co.uk **COST** £10/£11 **C/D** 14/8 **E/D** YES, +£1

WILTSHIRE

ROAD • RURAL

FOXTROT 5M
VENUE Village Hall, The Street, Broughton Gifford, 11am **CONTACT** Entries Secretary; stampedesports@yahoo.co.uk; www.stampedesports.co.uk **COST** £10/£12 **E/D** YES, +£3

WEDNESDAY AUGUST 26

HAMPSHIRE

ROAD • RURAL • FLAT

LAKESIDE 5K
VENUE Hilsa Lido, London Road, Hilsa, 7:15pm **CONTACT** Peter Newton; 01489 781 438; 44774 811 5406; lakeside5k@athleticsevents.co.uk; www.portsmouthathletic.co.uk **COST** £5.50/£7.50 **E/D** YES, +£1.50

FRIDAY AUGUST 28

LONDON

ROAD

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K
VENUE The Bandstand, Hyde Park, London, 12:30pm **CONTACT** Malcolm French; 020 8422 3900; ifotm5k@serpentine.org.uk; www.serpentine.org.uk/pages/ifotm5k.html **COST** £2/£4 **C/D** 14/8 **E/D** NO

SATURDAY AUGUST 29

CUMBRIA

TRAIL • RURAL

THE GRAND TOUR OF SKIDAW
VENUE Lime House School, Holm Hill, Dalston, 8am **CONTACT** Gaynor Prior; 07968 836 549; info@pureoutdoorsevents.co.uk; www.pureoutdoorsevents.co.uk **COST** £40 **E/D** NO

DERBYSHIRE

TRAIL

DOUBLE OR QUIT 5 OR 10 MILE RACE
VENUE Shipley Park Visitors Centre, Heanor, 5pm **CONTACT** James Turton; ilkestonrunningclub@gmail.com; www.ilkestonrunningclub.co.uk/doubleorquit **COST** £10/£12 **C/D** 23/8 **E/D** YES, +£2

DEVON

TRAIL • RURAL • HILLY

OK CROAK
VENUE Simmons Park, Okehampton, 11am **CONTACT** Paul Crease; 07885 678 671; paulcrease@tiscali.co.uk; www.okehamptonrunningclub.com **COST** £10 **C/D** 21/8 **E/D** YES, +£2

ESSEX

TRAIL • RURAL • FLAT

HR24 (+)
VENUE Park Farm, Park Road, Great Bromley, Midnight **CONTACT** Stephen Burbridge; 07977 289 908; stephen@harwichrunners.co.uk; www.harwichrunners.co.uk/hr24 **COST** - **E/D** NO

HERTFORDSHIRE

TRAIL • RURAL

RIDGEWAY CHALLENGE 86-MILE ULTRA 2015. (UK TRAIL-RUNNING CHAMPIONSHIPS ULTRA DISTANCE)
VENUE Ashridge Car Park, Ivingoe Beacon, Tring, 10am **CONTACT** Tim Mitchell; 07917 364 364; rridgewaytra@btinternet.com; www.tra-run.org.uk/ridgewaychallenge2015 **COST** £54/£56 **C/D** 7/8 **E/D** NO

MERSEYSIDE

TRAIL • URBAN • RURAL • FLAT

LLC 130
VENUE Eldonian Village Hall, Burlington Street, Liverpool, 6am **CONTACT** Dick Kearn; 01635 521 521; 7765 092 566; dickjan@talk21.com **COST** TBC **C/D** 31/7 **E/D** NO

SCOTLAND

ROAD • RURAL • HILLY

ROUSAY LAP HALF MARATHON 2015 (+)
VENUE Rousay Pier, Rousay, noon **CONTACT** Helen Castle; 01856 821 229; helen@redwt.org; www.orkneycommunities.co.uk/redwt **COST** Free

SURREY

TRAIL • RURAL • FLAT

THAMES MEANDER MARATHON (+)
VENUE YMCA Hawker Centre, Lower Ham Road, Kingston, 10am **CONTACT** David Ross; 0798 454 0177; info@hermesrunning.com; www.hermesrunning.com **COST** £27/£29 **C/D** 25/8 **E/D** YES, £35

TRAIL • RURAL

XTERRA ENGLAND TRAIL RUNS (+)
VENUE Vachery Estate, Cranleigh, 9am **CONTACT** Richard Campbell; richie@beyondgoinglong.co.uk; www.xterraengland.com/ **COST** £30 **E/D** NO

YORKSHIRE

TRAIL • URBAN

RIVER RAT RACE STOCKTON
VENUE Stockton-on-Tees, 11am **CONTACT** Rat Race; events@ratrace.com; www.stocktonriveratracerace.com **COST** £42.50 **E/D** NO

SUNDAY AUGUST 30

DERBYSHIRE

TRAIL • RURAL • HILLY

CROWDEN HORSESHOE FELL RACE
VENUE Crowden Campsite, Woodhead Road, Glossop, 11am **CONTACT** Des Gibbons; 07514 614 804; desgibbons@live.co.uk **COST** £5 **C/D** 20/8 **E/D** YES

TRAIL

RIVERSIDE RUN 10K
VENUE The Trent Washlands, Burton-upon-Trent, 9:30am **CONTACT** Jenni Dawson; 01543 434 542; jenni.dawson@stgilesospice.com; www.stgilesospice.com **COST** £12 **E/D** YES

DORSET

TRAIL • RURAL

THE 7TH STUDDAN 5K
VENUE Studland Village Green, Heathgreen Road, Swanage, 11am **CONTACT** Studland 5K; info@purbeckrunners.co.uk; www.purbeckrunners.co.uk **COST** £5 **C/D** 24/8 **E/D** YES, +£2

ESSEX

ROAD • URBAN • RURAL

MEL BATTY 10K
VENUE Thurrock Harriers Stadium, Springfield Road, Grays, 9:30am **CONTACT** David Staines; 01375 673 261; wstnann@aol.com; www.thurrockharriersac.com/ **COST** £12/£14 **C/D** 22/8 **E/D** YES, +£2

GLOUCESTERSHIRE

TRAIL • RURAL • HILLY

WINCHCOMBE HILL CLIMB 10K (+)
VENUE Sudeley Castle, Winchcombe, Cheltenham, 10:30am **CONTACT** Mike Butler; 01422 603 661; run@winchcombeshow.org.uk; www.winchcombeshow.org.uk **COST** £8/£10 **C/D** 26/8 **E/D** YES, +£2

KENT

TRAIL • RURAL

THE OLIVER FISHER GILLINGHAM 10K (+)
VENUE Capstone Farm Country Park, Capstone Road, Gillingham, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **C/D** 23/8 **E/D** YES, +£2

LONDON

TRAIL

RUNTHROUGH GREENWICH PARK 5K & 10K
VENUE Greenwich Park, Greenwich, London, 10am **CONTACT** Ben Green; info@runthrough.co.uk; www.runthrough.co.uk/?event=february-2015-greenwich-5k-10k&event_date=2015-02-08 **COST** £16/£18 **E/D** NO

NORTHERN IRELAND

ROAD • URBAN • FLAT

THE COLOR RUN BELFAST
VENUE The Titanic Quarter, Belfast, 9am **CONTACT** Challenger World; thecolorrun.co.uk/ **COST** £26 **E/D** NO

SCOTLAND

ROAD • URBAN • FLAT

DOONHAMER 10K
VENUE Dock Park, Dumfries, 10:30am **CONTACT** Val Mitchell; 01387 257 081; 0794 0703 942; valvance3@gmail.com; www.dumfriesharriers.co.uk **COST** £14.50/£16.50 **C/D** 23/8 **E/D** NO

TRAIL • FLAT

WOMEN'S RUNNING 10K - GLASGOW (+)
VENUE Strathclyde Country Park, Hamilton Road, Motherwell, 10am **CONTACT** Chris MacDonald; 03332 400 109; 03332 400 109; race@WR10K.co.uk; womensrunning.co.uk/wr10k-2015/wr10k-glasgow/ **COST** £23 **C/D** 20/8 **E/D** YES, +£7

SHROPSHIRE

•ROAD •URBAN •RURAL •FLAT
ELLESMERE 10K

VENUE Lakelands School, Ellesmere, 11am **CONTACT** Paul Davies; 07909 527 001; pad44@btinternet.com; www.oswestryolympians.com **COST** £13/£15 **C/D** 28/8 **E/D** NO

SURREY

•TRAIL •RURAL

XTERRA ENGLAND OFF-ROAD CHAMPIONSHIPS (+)
VENUE Vachery Estate, Cranleigh, Noon **CONTACT** Richard Campbell; richie@beyondgoinglong.co.uk; www.xterraengland.com/ **COST** £99 **E/D** YES, £119

WALES

•ROAD •URBAN •RURAL

SEVERN BRIDGE HALF MARATHON
VENUE Chepstow, 9am **CONTACT** Paul Dodd; admin@rogueuruns.co.uk; www.sites.google.com/site/severnbridgehalfmarathon/ **COST** £27/£29 **C/D** 20/8 **E/D** NO

WARWICKSHIRE

•ROAD •RURAL •HILLY

BADGERS ATHERSTONE 10
VENUE Atherstone, CV91AX, 10am **CONTACT** badgersatherstone10k@gmail.com; www.badgersatherstone10k.co.uk **COST** £14/£16 **E/D** -

MONDAY AUGUST 31**KENT**

•ROAD •RURAL

CANTERBURY HALF MARATHON (+)
VENUE Merton Farm, Canterbury, 10am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £17/£19 **C/D** 24/8 **E/D** YES, £20

•TRAIL

SEVENOAKS 7
VENUE Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks, 10:30am **CONTACT** Race Administrator; paul@7oaks-ac.org.uk; www.7oaks-ac.org.uk **COST** £11/£13 **C/D** 26/8 **E/D** YES, £15

OXFORDSHIRE

•TRAIL •RURAL

HARWELL HALF MARATHON
VENUE Rutherford Appleton Laboratory, Didcot, 10am **CONTACT** Ellie Barnes; 07872 805 883; 0118 988 2444 ellie@barnesfitness.co.uk; www.barnesfitness.co.uk/event/harwellhalfmarathon **COST** £20/£22 **C/D** 28/8 **E/D** YES, +£3

SUSSEX

•ROAD •RURAL

KINGS HEAD CANTER 5K
VENUE Kings Head, East Hoathly, 11am **CONTACT** Stuart Mills; 01825 840 653; info@kingsheadcater5k.org.uk; www.kingsheadcater5k.org.uk **COST** £8/£10 **C/D** 26/8 **E/D** YES, £12

TUESDAY SEPTEMBER 1**CUMBRIA**

•ROAD •RURAL

GOSFORTH 10K
VENUE Gosforth Sports Field, Gosforth, Seaside, 6:30pm **CONTACT** Mel Gould; 01946 727 486; 07534 486 231; melbgould@supanet.com **COST** £6/£8 **C/D** 23/8 **E/D** YES

DEVON

•ROAD •FLAT

RD 6: RUN EXE SUMMER 5K SERIES
VENUE Exwick Playing Fields, Exeter, 7pm **CONTACT** City Runs; mail@city-runs.co.uk; www.city-runs.co.uk **COST** £8/£10 **E/D** YES

SOMERSET

•ROAD •RURAL •HILLY

PEN SELWOOD 10K (+)
VENUE Pen Selwood Village Hall, Pen Selwood, Wincanton, 11am **CONTACT** Inès Braun; 01935 816 396; GillinghamTrotters@hotmail.com; www.gillinghamtrotters.talktalk.net **COST** £8/£10 **C/D** 11/4 **E/D** YES, +£2

WEDNESDAY SEPTEMBER 2**ESSEX**

•TRAIL •RURAL

CROWN TO CROWN 5K
VENUE Westley Heights Country Park, High Road, Langdon Hills, Basildon, 7pm **CONTACT** Peter Bates; 01268 768 082; www.pitseaclub.org.uk **COST** £2 **E/D** ONLY

HERTFORDSHIRE

•ROAD •URBAN •FLAT

HATFIELD MIDWEEK 5K SERIES INCORPORATING THE HERTFORDSHIRE SENIOR CHAMPS
VENUE Affinity Water, Tاملبن Way, Hatfield, 7:45pm **CONTACT** Richard Sidlin; 07970 289 773 (day); 5k@gardencityrunners.org.uk; www.races.gardencityrunners.org.uk **COST** £6/£8 **C/D** 26/8 **E/D** YES, +£4

KENT

•ROAD •RURAL

THE SAMPHIRE HOE 5K SUMMER SERIES (+)
VENUE Samphire Hoe, A20, Dover, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 25/8 **E/D** YES, +£2

SATURDAY SEPTEMBER 5**DERBYSHIRE**

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)
VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; 07902 249 316; j.cannon846@btinternet.com; northderbyshire.rjmdo.com/ **COST** £3/£5 **E/D** ONLY

DEVON

•TRAIL •RURAL •HILLY

DARTMOOR ULTRA TRAIL 50
VENUE Okehampton, 5am **CONTACT** Paul Bradford; 07969 820 836; train@raceeasy.co.uk; www.raceeasy.co.uk/dartmoor-ultra-trail-50.html **COST** £45 **C/D** 20/8 **E/D** YES, +£15

•TRAIL •URBAN •RURAL

THHN CITY TO SEA 53
VENUE Start Line Exeter, Finish Line Babbacombe Downs, Torquay, 7am **CONTACT** Brian Lewis; cts53@thhn.co.uk; www.cts53.co.uk **COST** £70 **E/D** NO

DURHAM

•TRAIL •RURAL

RUN DURHAM 5 & 10 MILER (+)
VENUE Hamsterley Forest, Hamsterley, 9:45am **CONTACT** Richard Hunter; 07545 140 810; info@run-nation.org; runnation.co.uk **COST** £15/£17 **E/D** NO

KENT

•TRAIL •URBAN •RURAL

MAVERICK ORIGINAL KENT TRAIL RUN LONG (20KM) (+)
VENUE Groombridge Place, Groombridge Hill, Tunbridge Wells, 10am **CONTACT** Ben MacWilliam; 07545 017 476; info@maverick-race.com; www.maverick-race.com **COST** £25 **E/D** YES, +£3

LONDON

•ROAD

QEOP SUMMER 10K SERIES - SEPTEMBER
VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; 07740 554 190; info@theraceorganiser.com; www.qeopaces.com **COST** £15/£17 **C/D** 1/3 **E/D** YES

•TRAIL •RURAL

THE SHOREHAM WOODS 10K TRAIL RUN
VENUE Shoreham Woods, Kent, Sevenoaks, 9:30am **CONTACT** Andrea Magold; 07426 946 927; info@pbracevents.co.uk; www.pbracevents.co.uk **COST** £18/£20 **C/D** 4/9 **E/D** NO

SCOTLAND

•TRAIL •RURAL

PRIME FOUR BEAST RACE - LOCH NESS
VENUE Aldourie Castle Grounds, Loch Ness, Inverness, 9am **CONTACT** Firetrail Events; 07876 327 807; beastrace@firetrailevents.co.uk; www.primefourbeastrace.co.uk **COST** £50 **E/D** NO

SURREY

•TRAIL •URBAN •RURAL

RUN RICHMOND PARK 10K RACE 7 2015
VENUE Richmond Park, Sheen Lane, Richmond, 10:10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; www.thefixevents.com **COST** £17 **C/D** 1/9 **E/D** YES, +£5

WALES

•TRAIL •RURAL •HILLY

CLWYDIAN 15
VENUE Golden Lion Inn, Llangynhafal, Denbigh, 10am **CONTACT** Joe Cooper; 07875 404 922; joe.fitness@yahoo.com; Out-fit.co.uk **COST** £17 **C/D** 31/8 **E/D** NO

•TRAIL •RURAL •HILLY

RAT RACE MAN VS MOUNTAIN
VENUE Snowden, 8am **CONTACT** Rat Race Events; events@ratrace.com; www.ratracemanvsmountain.com **COST** £35 **E/D** NO

•ROAD •RURAL

UMUK
VENUE Swallow Falls Hotel, Hollyhead Road, Betws-y-coed, 5:30am **CONTACT** Claire Elston; racingquestlimited.com/ **COST** £635 **C/D** 31/3 **E/D** NO

WILTSHIRE

•TRAIL •RURAL

HORECON
VENUE Charlton Park, Malmesbury, 7pm **CONTACT** Freya Leete; 020 7440 0788; thomas@pha-media.com; www.hgrecon.com **COST** - **E/D** NO

WORCESTERSHIRE

•TRAIL

VIPER XT12
VENUE Malvern Hills, Malvern, 7am **CONTACT** damian

Where's the action?

August's 163 events broken down by region

Scotland / 5

North / 21

Midlands / 16

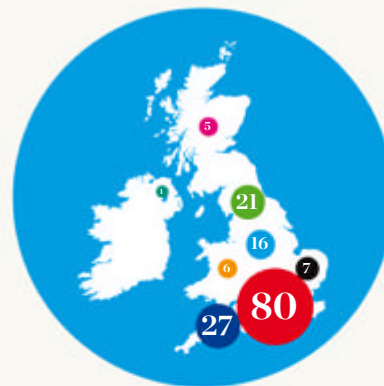
East / 7

South / 80

Southwest / 27

Wales / 6

NI / 1



cross; damian.cross@dsviper-events.com; www.viperseries.com **COST** - **E/D** NO

SUNDAY SEPTEMBER 6**BERKSHIRE**

•ROAD •URBAN •RURAL •FLAT

GENPACT PHARMALINK MAIDENHEAD HALF MARATHON
VENUE St Ives Road, Maidenhead, 9:30am **CONTACT** Claire Donald; 01494 630 759; info@purplepatchrunning.com; www.purplepatchrunning.com **COST** £24/£26 **C/D** 30/8 **E/D** YES, +£3

CAMBRIDGESHIRE

•TRAIL •FLAT

ST NEOTS OLYMPIC SERIES EVENT 3
VENUE Riverside Park, St Neots, Huntingdon, 8am **CONTACT** Keith Ritchie; 01480 716 595; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £57/£62 **E/D** NO

•TRAIL •FLAT

ST NEOTS SPRINT SERIES EVENT 3 (+)
VENUE Regatta Meadow, Riverside Park, St Neots, 8am **CONTACT** Keith Ritchie; 07539 213 097; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £45/£50 **E/D** NO

CHESHIRE

•TRAIL •RURAL

SANDBACH SUPER SIX 10K
VENUE Elworth Cricket Club, London Road, Sandbach, 11am **CONTACT** Martin Coleman; treasurer@sandbachstriders.co.uk; www.sandbachstriders.co.uk/2014/07/sandbach-10k-21st-september-2014.html **COST** £12/£14 **C/D** 31/8 **E/D** YES, +£2

DORSET

•TRAIL •RURAL

VOTWO KAMIKAZE BANZI CHARGE
VENUE Mapperton Farm, Bridport, 10am **CONTACT** Ben Mason; 07540 902 612; 07855 500 149; bookings@votwo.co.uk; www.votwo.co.uk **COST** £35 **E/D** YES, +£2

ESSEX

•ROAD •RURAL •FLAT

LANGHAM 10KM 2015 (+)
VENUE Langham Community Centre, School Road, Langham, 10am **CONTACT** Eve Oxley; enquiries@langham10km.org.uk; www.langham10km.org.uk **COST** £11/£13 **C/D** 31/8 **E/D** NO

GREATER MANCHESTER

•ROAD •URBAN •FLAT

CITY OF SALFORD 10K
VENUE Lowry Plaza, Salford Quays, Salford, 10:15am **CONTACT** Graham Jackson; 0161 703 5806; graham@sportstoursinternational.co.uk; www.sportstoursinternational.co.uk/running/city-of-salford-10k **COST** £13/£15 **C/D** 1/9 **E/D** NO

HAMPSHIRE

•ROAD •RURAL

FORDINGBRIDGE FIRE STATION 10 MILE RACE
VENUE Fordingbridge Fire Station, Station Road, Fordingbridge, 11am **CONTACT** Pete White; pete.white@hantsfire.gov.uk; www.fordingbridgefirestation.com **COST** £15 **C/D** 1/9 **E/D** YES

KENT

•TRAIL •URBAN •RURAL

FOSTERS LAW KENT COASTAL MARATHON
VENUE Palm Bay School, Cliffonville, Margate, 9:30am **CONTACT** Terry Brightwell; 07974 355 811; marathonrace@thetnetroadrunners.org.uk; www.thetnetroadrunners.org.uk **COST** £21/£23 **C/D** 30/8 **E/D** YES, £25

•TRAIL •RURAL

WEALD ST GEORGE'S 10K (+)
VENUE The Village green, Long Barn Road, Weald, 10:30am **CONTACT** Andrew Priest; weald10k@hotmail.com; www.weald10k.co.uk **COST** £13/£15 **C/D** 1/9 **E/D** YES, £17

LEICESTERSHIRE

•ROAD •RURAL

2015 JOHN FRASER 10M
VENUE Countesthorpe Community College, Winchester Road, Leicester, 10:30am **CONTACT** Michael Stiff; 0116 200 2040; 0116 319 8539 [eve]; michael-stiff@tiscali.co.uk; www.jf10.co.uk **COST** £12/£14 **C/D** 4/9 **E/D** YES

LONDON

•TRAIL •RURAL

LONDON TO BRIGHTON 2015
VENUE London, Brighton, Greenwich, 6am **CONTACT** Denis Rice; info@extremerrunning.org; www.extremerrunning.org **COST** £108/£110 **C/D** 20/8 **E/D** NO

•ROAD

REGENT'S PARK RACES SUMMER 10K 6 GRAND PRIX RACE SERIES
VENUE The Hub, Regent's Park, London, 9:30am **CONTACT** Maurice Raynor; 07713 327 690; 07713 327 690; mauriceraynor@mail.com; regentsparkraces.org **COST** £15/£17 **C/D** 1/9 **E/D** YES

•TRAIL •URBAN •FLAT

RICHMOND RUNNING FESTIVAL (+)
VENUE Royal Botanic Gardens, Kew, Richmond, Surrey, Kew, Richmond, 8:30am **CONTACT** The Events Team Richmond Running Festival; info@richmondrunningfestival.com; www.richmondrunningfestival.com **COST** - **E/D** NO

•ROAD •URBAN •RURAL

SPITFIRE 10K - IN COMMEMORATION OF THE 75TH ANNIVERSARY OF THE BATTLE OF BRITAIN
VENUE RAF London Museum, Grahame Park Way, London, 9am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; nice-work.org.uk/events.php?id=198 **COST** £18/£20 **C/D** 2/9 **E/D** YES

•TRAIL •RURAL •FLAT

UFD HACKNEY HALF MARATHON SERIES - RACE 2
VENUE North Marshes, Homerton Road, Hackney, 11am **CONTACT** Bob Betton; 07886 884 573; info@ufdance.co.uk; www.ufdance.co.uk **COST** £20 **C/D** 1/9 **E/D** YES, +£5

NORFOLK

•ROAD •RURAL

WISSEY HALF MARATHON
VENUE Oxborough Village Hall, Oxborough, 10:30am **CONTACT** Martin Ives; 01366 328 456; 07920 453 869; martin@ve23.freemove.co.uk; www.rystonrunners.org.uk **COST** £14/£16 **C/D** 31/8 **E/D** YES, +£1

NORTHAMPTONSHIRE

•ROAD •URBAN •RURAL

NORTHAMPTON HALF MARATHON
VENUE The Old Bank, 4-5 St. Giles Square, Northampton, 9:30am **CONTACT** Postal Entries; 07747 803 090; 07711 945 963; admin@gobeyondchallenge.co.uk; northamptonhalfmarathon.co.uk **COST** £25/£27 **C/D** 1/9 **E/D** YES, +£5

OXFORDSHIRE

•TRAIL •RURAL

EARTH TRUST 10K RUN
VENUE Earth Trust Centre, Little Wittenham, Abingdon, 11am **CONTACT** Naomi Douglas; 01865 409 425; 01865 409 425; naomi.douglas@earthtrust.org.uk; www.earthtrust.org.uk **COST** £10 **C/D** 28/8 **E/D** YES

SOMERSET

•TRAIL •RURAL

ASH EXCELLENT EIGHT (+)
VENUE Ash Primary School, Main Street, Ash, Martock, 11am **CONTACT** Adam Hawkins; 01935 475 697; 07887 944 823; www.ashexcellenteight.com **COST** £8/£10 **C/D** 5/9 **E/D** YES, +£2

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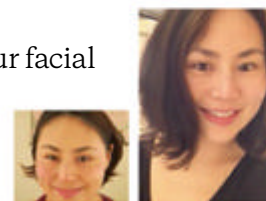
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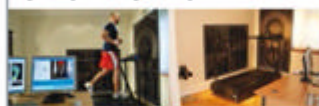
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Charlie Hedges

The Kiss FM presenter and DJ, 28, on running when the party people are still in bed

I was such a tomboy as a kid. I played every sport going to primary school, even mixed rugby. I loved running at secondary school; I held the 1500m record there.

When I went to college I would still run every morning. But it became harder to do when I went to university and started working at the radio station. I've always kept my running up, though, even if it's only once or twice a week.

I do the weekday breakfast show, which starts at 6am, so I'm in the studio by 4:45. It means I often run in the middle of the day, when everyone else is doing their jobs. I've become used to running alone.

I DJ at gigs all over the country. I use my free time in a new place to go for a run and explore. I use my Nike+ app and run for 20 minutes one way before turning round. I got lost once just before I was about to do a gig in Manchester.

I finish gigs in the early hours but after I get home I often can't sleep. Sometimes I get up early and go for a run because I'm still on such a high, with all the adrenaline rushing around my body. DJing makes me feel so awake.

I couldn't run for three months after I fell over and chipped an ankle bone in Las Vegas last summer. It made me realise how much I needed to run. Whatever's going on in my life, I like my running time because I can switch off from it all.



'I like my running time because I can switch off from it all'

I haven't done a race yet, but I probably will at some point. I'm an ambassador for the Prince's Trust and so I'm sure that sooner or later I will be asked to do a run for charity!

I swim and have done spin classes in the past, which nearly killed me. But I always come back to running because it fits in with my busy life, funny working hours and having to be in different places.

It sounds a bit odd, but I listen to my own monthly podcast of music mixes when I run. It gives me a chance to actually listen to my work and see how I can improve it.

I don't like doing the same routes around where I live in Romford because it makes me a bit lazy. I like to vary it and always try and speed it up for the last mile.

I love going for a run when I'm working in the clubs in Ibiza. Because everyone goes to bed at silly o'clock after being up all night, when I go for my run at 11am the streets are virtually deserted.

My wardrobe is full of running shoes and one pair of fashion trainers. I'm not really into having loads of gear; only the basics of leggings, a top and a pair comfy socks.

● Charlie's monthly podcast, *Charlie Hedges Presents*, is available on iTunes. Follow Charlie @charliehedges

MY FAVOURITE...



Location

I thought running on Miami Beach

was going to be a cliché, but it was amazing. It was very busy with other runners, but the setting was beautiful.



Music

I listen to house music all the time when

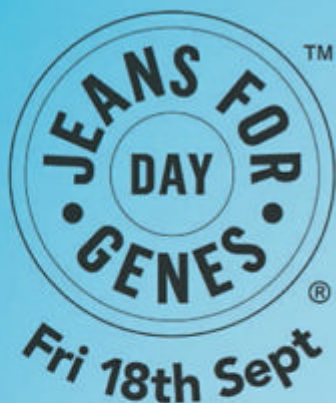
I run. I love the energy it gives me. At the moment I like Sander Van Doorn, Axwell and Tom Staar.



Treat

I love savoury snacks, so my biggest

indulgence after a long run is to binge on a bag of crisps. If I've done the miles, I don't feel so guilty.



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